

Bid to dismiss impeachment fails

By KIMBERLY B. ESMORES REPORTER

espite a 4-3 majority vote in favor of dismissal that mostly fell along party lines, the motion to dismiss the Articles of Impeachment filed by Gov. Ralph DLG Torres with the Senate still failed to go through last Friday because it lacked the five votes required to grant the motion.

Free cancer screening at CHCC

The Commonwealth Healthcare Corp.'s Northern Marianas Oncology Center is offering comprehensive cancer screening at no cost to residents of the CNMI.

The newly created Cancer and Associated Risks Early

VULNERABILITY

who chew betel nut, smoke cigarettes, drink alcohol, or have a history of cancer in their family are at a higher risk of developing cancer. The project will provide no-cost Screening, or CARES, Project cancer prevention counseling and vaccines, as well as COMMUNITY

See FREE on Page 4

WHO SHOULD BE SCREENED

aims to screen for and prevent common cancers. Persons

If you:

- LEGEND: ■ chew betel nut Red: Least safe ■ smoke
- drink alcohol Orange
- family history of Yellow
- Blue Green: Safest

cancer From teens on up, regardless of race, ethnicity, religion, sex, or citizenship

During the special session Friday, all Republican senators—Senate President Jude Hofschneider (R-Tinian), Sens. Victor Hocog (R-Rota), Karl King-Nabors (R-Tinian), and Francisco Cruz (R-Tinian)—voted in favor of granting the motion to dis-

miss; Sens. Paul Manglona

(Ind-Rota), Teresita Santos

(Ind-Rota), and Edith DeLeon Guerrero (D-Saipan) voted in opposition.

Only seven members were present for the voting as Sens. Vinnie Sablan (R-Saipan) and Justo Quitugua (R-Saipan) were officially recused from the entire impeachment proceedings.

See BID on Page 4

Manglona, taxpayer want hearing on TRO

By KIMBERLY B. ESMORES

Sen. Paul Manglona (D-Saipan) and a local taxpayer are adamant in putting a temporary halt on the impeachment proceed-

See MANGLONA on Page 4



Manglona





Source: Office of the Governor

WORLD

Russian forces try to storm a steel plant sheltering soldiers and civilians in the city of Mariupol.

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HEALTH & **WELLNESS**

Want to go to a wedding, but still worried about the pandemic? An expert explains how to do it.

Page 14



Mike Tyson is recorded on video punching a fellow passenger aboard a plane at an SF airport.

Page 15

SCAN ME WITH A COMPATIBLE

QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

2 MONDAY, APRIL 25, 2022 SAIPAN TRIBUNE

Customers check out the "Seasoned with Hafa Adai" stall during the first Small Business Night last Thursday at the Northern Marianas College's Mango Terrace

Local

15 small businesses take part in NMC's 'Small Business Night'

Bv LEIGH GASES

leigh_gases@saipantribune.com CORRESPONDENT

Fifteen 15 small businesses, some of which are owned by Northern Marianas College alumni, showcased their products and services last Thursday, April 21, at the newly renovated Mango Terrace in the middle of the NMC cam-

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pus in As Terlaje as part of the celebration of Community College Month.

The businesses included Vivid Beauty, Maipe Pachotmu, Candle J Saipan, Bonitu Basula, Paopao, Mind2Muscle. Neni Girl Nails. Cherrymoon.co, Seasoned with Hafa Adai, Craftify670, Tyler's Gellate Stone, Chiku Chiku, NMC's Business Club, Saipan Snaps LLC, and Pho King A.

The event also included live music from local music group VIB3 and a special appearance from PalmTrio670.

NMC's first Small Business Night was a collaboration between the CNMI Small **Business Development Center** Network and NMC. Mercilynn Palec, interim network director for the CNMI SBDC, said they came up with the event as they "wanted to highlight NMC alumni, entrepreneurs and other community small businesses." This early, they are now looking at possibly making it a monthly event.

"We wanted to provide a platform for [people] to be able to grow their businesses and have that support from the college in the hopes that we could also encourage other students to open up their own businesses and become entrepreneurs themselves," said Alexis C. Manglona, program manager for the Office of Student Activities and Leadership at NMC.

Ben Babauta, owner of Tyler's Gelatte Stone said, "I am very happy to see that there are more small businesses that are doing pop ups and networking and making sales. It's all about entrepreneurship and we encourage all the small businesses to keep on thriving and all of you who are wanting to start a new business to gain confidence and join the entrepreneurship."

Palec said that Thursday's turnout was "amazing. Judging from what our vendors have told us, they made a lot of money. We're just here to pump out the resources and the education and create a platform for small businesses to succeed."

With the inaugural event, "we really look forward to the growth of this and I feel like we're starting there. There have been other events like this in the community. But NMC wants to make sure that we're showing our support by also offering our version of it. And we want this to be a staple in our community and really grow the culture of small entrepreneurs, small business, on Saipan and in the CNMI," added Palec.

Palec would also like to everyone to know that the CNMI SBDC offers free one-on-one consultations for people who are interested in opening up businesses See 15 on Page 4

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500 Sails' canoes make historic voyage around Saipan



is to revive, promote, and preserve the maritime cultural traditions of the Mariana Islands. For more information on programs, call 670-323-7245(SAIL), email info@500sails.org, or follow 500 Sails on Facebook and Instagram



AQUA RESORT CLUB

Saipan

LEIGH GASES

happy ADMINISTRATIVE

PROFESSIONALS week

Celebrate with lunch at Aqua Resort Club!

The *Richard Seman* canoe and its crew, led by grand master navigator Sesario Sewralur, takes oxff from the Smiling Cove Marina yesterday morning in a historic maritime voyage that will see them circling the entire island of Saipan.

By LEIGH GASES

leigh_gases@saipantribune.com CORRESPONDENTS

Four canoes took off yesterday morning from the Smiling Cove Marina for a historic maritime event that will see the vessels circumnavigating the island of Saipan, starting with the launch yesterday, landing at Laulau and spending the night, then finishing the journey by heading to Guma Sakman in Susupe sometime today, Monday.

About 30 spectators witnessed the beginning of this event, called "Circumnavigation of Saipan in Traditional Chamorro Canoes via Unai Bapot," which event organizer 500 Sails said has never been seen before in hundreds of years. The voyage of the four canoes are being done under the direction of four Carolinian master navigators and selected crew.

According to the 500 Sails, "this voyage is intended to commemorate the legacy of traditional navigation and the ancestral village of *Unai Bapot*, which dates back approximately 3,500 years."

Unai Bapot is the name of the ancient Chamorro ancestral village settlement in Laulau, Saipan. This settlement is believed to be the oldest of early settlements by the ancient Chamorros in the Northern Marianas.

Along with "commemorating a sacred site of our ancestors, this open ocean journey gives the crew members an opportunity to build upon their experiences in the open ocean and apply their skill sets and knowledge under the tutelage of the well-seasoned master navigators," said 500 Sails in an earlier news release.

The four Chamorro canoes launched in this voyage are named Neni, Auntie Oba, Richard Seman, and Anaguan.

Grand master naviga-

tor Sesario Sewralur, son of Mau Piailug, is the navigator of the *Richard Seman*. The *Aunty Oba* is under the direction of Sewralur's brother, master navigator Antonio Piailug. The *Anaguan* is under the direction of their nephew, master navigator Cecilio Raiukiulipiy, and the *Neni* is under the direction of Mariano Bonito.

Sewralur described the voyage as "very important for our new generation to understand our life and our history, because this is how we survived in the old days. ...This is what brings us from different places to another place. If typhoons destroy our food, then we need to go to different places to bring food to our people and that's the navigator's role. ...So I hope that this will be a very historic voyage for our new generation to understand."

Emma Perez, co-founder of 500 Sails, said the launching of the canoes was a beautiful sight to behold. "It touches me deeply. It may have been centuries or more since this has happened."

One spectator, Tano Taitano, who experienced sailing one of the canoes the day before, said that witnessing the event "is exvidence that our ancestors were great sea[farers]. ... Today we have women out there with the men...and it's great just to be in touch with our past. These [navigators] are the best—some of the best in the world."

Perez encourages the community to join the activities that 500 Sails has to offer. "Our programs are all free. We really encourage people. We started out with swimming, and to be a voyager, you need to be able to swim. So please join us for any swimming class...and when you're ready, come on out. It's here for the whole community."

500 Sails is a non-profit organization whose mission

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Grijalva scores SCOTUS decision to exclude PR from SSI benefits

WASHINGTON, D.C.— U.S. House Natural Resources Committee chair Raúl M. Grijalva (D-Ariz.) issued the following statement on Friday's ruling from Supreme Court of the United States to uphold the exclusion of residents of Puerto Rico from receiving Supplemental Security Income benefits issued by the Social Security Administration:

"Denying SSI benefits for

the hundreds of thousands of Democrats have taken a Americans living in Puerto Rico and other U.S. territories is unjust to its core. Today's decision upholds more than a century of discriminatory policies that treat our fellow Americans living in the U.S. territories like second-class citizens. I'm equally disappointed in the Biden administration's decision to defend this discrimination in court. House

"We think it is important to

To schedule an appointment with a health care provider for a no-cost cancer screening and prevention visit, call (670) 234-8950 and ask for Oncology, or the Cancer

For more information about the CHCC Northern Marianas Oncology Center, visit www.

chcc.health/cancercenter.php. (CHCC)

To reach out to the CNMI SBDC network, contact them at cnmisbdc@marianas.edu

stand against these inequities and passed legislation to extend SSI benefits and expand other federal programs to the territories-I urge my colleagues in the Senate to do the same," he said.

SSI benefits are granted to persons with financial need who are elderly, blind, or have a disability. Although these benefits are available to residents of all 50 states, D.C., and the Northern Mariana Islands, otherwise-eligible residents of Puerto Rico, American Samoa, Guam, and the U.S. Virgin Islands

ings against Gov. Ralph DLG

Torres at the Senate in order

to allow the House of Repre-

sentatives to submit their im-

peachment records and serve

as prosecutors in the upcom-

Last Friday, Manglona and

Carmen Patricia Deleon Guer-

rero submitted a motion re-

questing a hearing on pro tem-

pore judge Timothy Bellas'

previous order denying their

motions to intervene, shorten

time, and request for a tempo-

rary restraining order against

The Superior Court deputy

clerk set the hearing for May

In a statement from Man-

glona, he said he looks for-

ward to the hearing and

stands firm on seeing their

6, at 9am before Bellas.

the impeachment proceeding.

From Page 1

ing proceedings.

are excluded. With this decision, nearly 300,000 people in Puerto Rico who are otherwise eligible for SSI benefits will not receive them.

In his written opinion for the 8-1 majority, Supreme Court Justice Brett Kavanaugh pointed to the fact that most residents in Puerto Rico are not required to pay federal income tax. However, residents of the territories contribute billions of dollars in other federal taxes, including payroll taxes, business taxes, and estate taxes. In Puerto Rico alone, residents pay more than \$4 billion annually to the federal government, which is more than taxpayers in six states.

The House-passed Build Back Better Act would resolve this issue by extending SSI to residents in all U.S. territories, as well as expanding access to other federal programs like Medicaid.

Natural Resources Committee Democrats are committed to advancing justice for residents of the territories who have been subjected to discriminatory federal policy, namely the racist doctrine established by the Insular Cases, for more than a century. Last

year, the Committee held two hearings about how the Biden administration's Build Back Better plan and President Biden's FY22 budget request could benefit the territories, including measures for economic growth, infrastructure development, parity for federal and programs. Chair Grijalva also introduced a resolution to reject the Insular Cases and sent a letter with several other members of Congress to the U.S. Department of Justice urging them to withdraw themselves from the case that was decided Friday. (PR)

FREE

From Page 1

screening advice and testing, with follow-up session to discuss the results.

"Having cancer is always life changing for our patients, their families, and their close community," said Dr. Peter Brett, CHCC oncologist. "At the Northern Marianas Oncology Center, we promise to provide compassionate, state-of-the-art cancer care for our community, with the goals of improving quality and length of life."

The program is available to all people who live in the CNMI, from teens on up, regardless of race, ethnicity, religion, sex, or citizenship. CHCC intends to have the program be

or consultation for those

who already own a small

ing and resources...and we

"We also offer free train-

as inclusive as possible.

screen for and prevent cancer so that we will have less cancer in the CNMI," added Brett. "And if cancer develops, it will be caught at an earlier stage. When it is possible to cure our patient's cancer, we will put forth every effort to maximize the chance of cure."

Screening Program.

do community outreach to aid small businesses in our community," she said.

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motion through. **MANGLONA**

"We look forward to our hearing in court and express our sincere appreciation and utmost thanks to the overwhelming numbers of CNMI residents who have expressed support for our advocacy in seeking to protect their essential public interests as to the matters we have brought to the court's attention, including so many who wish to remain anonymous out of fear of political and personal retaliation, should they not remain anonymous. Neither Guerrero nor myself are attorneys. We cannot afford to hire a lawyer to represent us in this matter. Unfortunately, no lawyer has been available for a pro bono or cost-free appearance on our behalf. But, regardless, Guer-

rero and I shall continue to

advocate on our own, as pro

se litigants, in an effort to pro-

tect and promote the welfare of the CNMI community as a whole," he said.

Manglona also noted that Bellas' recent order to deny the motion to intervene was appreciated.

"Many, if not most, of the attorneys and legal experts predicted that our motions would be swiftly, flat out, and summarily denied by the CNMI Superior Court. Instead, judge Bellas exercised his discretion, and provided his wisdom, in the form of an expedited written order, in which he not only accorded us an opportunity to request a court hearing on our pending motions but, in so doing, made clear to all, some of the issues and areas of consideration we shall, at that hearing, be permitted to address, clarify, and advocate, for the court," he said.

"Additionally, this ruling

by judge Bellas, promotes the notions of judicial expediency and judicial economy, in that judge Bellas is one of the few jurists not conflicted as to matters involving Gov. Torres and, therefore, our motions will not be delayed by necessity of the Judiciary otherwise having to expend time, effort, and resources in locating, retaining, and funding yet another off-island pro tempore judge to assist in our matter; rather, Judge Bellas will address our concerns, derived from allegedly illicit expenditures of CNMI taxpayer's funds, and breaches of fiduciary, in an already pending CNMI civil action," Manglona added.

Torres is set to appear in court today for his arraignment where he will plead guilty or not guilty to the criminal charges filed against him by the Office of the Attorney General.

BID

15

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From Page 1

Hofschneider later explained that, although the motion had a majority vote in favor of dismissal, the Senate rules of impeachment require five affirmative votes to grant the motion.

"I would just like to reiterate, with four members voting yes, and three remembers voting no, the required...five affirmative votes to grant dismissal did not meet that threshold. Therefore the motion to dismiss is hereby denied," he said.

Wth the denial of Torres' motion, the Senate will now proceed with the impeachment trial on May 13 at 10am.

In a brief statement from the Senate president, he said he voted in favor of the motion to dismiss the Articles of Impeachment because he found the arguments made by Torres' counsel, Anthony Aguon, convincing enough to warrant a "yes" vote.

"The motion by the moving party (impeached official's counsel) provided clear and convincing argument pointing out a few missteps leading up to the passage of the impeachment

resolution," Hofschneider said.

King-Nabors also explained later that his vote to grant Torres' motion to dismiss the Articles of Impeachment was in order pursuant to Senate impeachment rules because there was no counter motion and, without a counter motion, Senate members should tender an affirmative vote.

"I can say that I felt as if my voting to grant the motion to dismiss was in order. In the earlier deliberations of the rules, some members of the lower House and minority members in the Senate pushed back on Senate impeachment rule 5(b) but, by rule 5 (a), the full Senate vote should have been clear enough to grant the motion to dismiss. In this case, there was no opposition, so by the rule, the members should have voted in the affirmative because there was no counter to motion. But, impeachment is a political process, so we must proceed with the hearings, which I look forward to," he said.

Torres, who was present at the session with many supporters, said he respects the process and the decision made on his motion, but he also believes his motion should have



KIMBERLY B. ESMORES

Supporters of Gov. Ralph DLG Torres set up tents outside the Legislature last Friday to show thei

been granted due to the lack of prosecutors and the lack of evidence to warrant the six Articles of Impeachment.

"I respect that process. I'm just saddened because we're here to follow rules and regulations, and when there is a trial and the prosecutor is not present, then they dismiss the case. Here, we hear from the Senate that the House [of Representatives] was given opportunities for an extension

and has failed to meet all those requirements. Now, again, the House has their own rules and so does the Senate. Now there was no prosecution and just by that notion, [the Articles of Impeachment] should be dismissed. Unfortunately, three voted no and that's their vote, all we can do now is we move on to the trial," he said.

Although the motion to dismiss has been denied, DeLeon Guerrero said she is still very

disappointed.

"I am extremely disappointed. It's unfortunate, because we still do see existing, sitting, senators who do have a conflict [in this impeachment proceedings] and it's very apparent. That's where the question of code of ethics, and conflict of interests is very clear and there's been no declaration from these other senators. That's so unfair for the people of the Commonwealth.

We need to have democracy. We need to have justice for the people, and we cannot deny them the right to representation, which is why we need a prosecutor," she said.

DeLeon Guerrero strongly opposed the hearing from the start because the House of Representatives was barred from the hearing. Although members of the House were present to witness the Senate session, the House of Representatives was prohibited from participating and prosecuting the motion because the selected House impeachment prosecutor, Rep. Corina Magofna (D-Saipan), allegedly failed to timely file an appearance in the matter pursuant to Senate Impeachment Rule 7(a)(2).

Also, the House clerk failed to submit the House impeachment record in support of the Articles of Impeachment in compliance with Senate Impeachment Rule 9(e).

Santos, in supporting her vote to deny Torres' motion, said the motion to dismiss merely points out procedural errors.

A longer version of this story is available at www. saipantribune.com

GOP slams Rep. Tina Sablan; rebukes Sen. Paul Manglona

The Republican Party of the Commonwealth of the Northern Mariånas Islands issued the following statement last Friday relative to the four votes garnered in favor of dismissing the Articles of Impeachment.

"The Republican Party is proud of Sen. Vinnie Sablan, candidate for lieutenant governor, for recusing himself from voting on a motion to dismiss the Articles of Impeachment. It was the right thing to do. We all know that if lieutenant governor candidate Vinnie Sablan didn't recuse himself from the

vote that the motion would have passed 5 to 3. But this wouldn't be right.

"Unlike Rep. Tina Sablan who violated the law and rules of ethical conduct by directly voting on matters where she stands to gain financially, lieutenant governor. candidate Vinnie Sablan further recused himself from voting on the Articles of Impeachment altogether.

"Lieutenant governor candidate Vinnie Sablan did not require a legal analysis to make a decision on what is clearly a conflict of interest. He simply knew it to be wrong





est analysis, but it fails when she did not dispute that her actions violated the Constitution when she voted to remove

Gov. Torres from this election. That benefit, which is outside the available remedy under the Constitution, is no longer incidental but a direct and an improper benefit.

"Consistent Gov. Torres' legal counsel's position that we should abide by the law and rules as set forth governing these proceedings, the Re-

publican Party rebukes Sen. Paul A. Manglona's statement that 'rules are meant to be broken.' This is not an example we should leave for our children and families, and it is certainly not how we should run our government.

"The Republican Party encourages its candidates and supporters to stay on the high road throughout the rest of this campaign."

For information on joining the movement to elect Torres-Sablan for governor and lieutenant governor, respectively, and our entire Republican slate contact CNMI GOP president Candace Celis at cnmigop2022@ gmail.com. (PR)



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The Request for Proposals and Scope of Services will be available on April 25, 2022 at the NMHC website at www.nmhcgov.net by clicking on the "Procurement Tab" or by visiting the CDBG-DR website at www.

Inquiries regarding this RFP must be submitted in writing or email to Mr. Jacob Muna, Office Manager/Procurement Officer at officemanager @nmhcgov.net or submitted by facsimile to (670)234-9021 no later than 4:00 PM local time on May 06, 2022.

The provisions of the NMHC Procurement regulations, NMIAC 100-60-725 AND 100-60-730 Prohibiting Gratuities, Kickbacks and Contingent Fees shall apply.

For more information, contact Mr. Jacob Muna, Office Manager/ Procurement Officer, at (670)234-6866/9447 or email at officemanager @nmhcgov.net during regular business hours, 7:30 a.m. - 4:30 p.m. Monday through Friday, except CNMI holidays.

Jesse S. Palacios Corporate Director Northern Marianas Housing /s/ Merced "Marcie" M. Tomokane Chairwoman NMHC Board of Directors

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BID SUBMISSION DATE & TIME: May 03, 2022, 10:00 a.m.

Purchase of Vehicle for the Emergency Housing **Voucher Program**

The bid package will be available on April 01, 2022, at the NMHC website at www.nmhcgov.net by clicking on the "Procurement

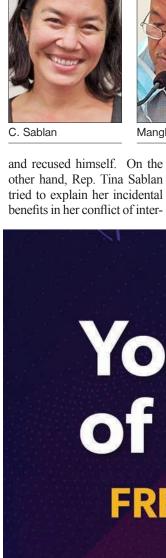
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For any inquiries regarding this bid shall be submitted to Mr. Jacob Muna, Office Manager/Procurement Officer via email at officemanager@nmhcgov.net or facsimile at (670)234-9021, on or before April 15, 2022.

/s/ JESSE S. PALACIOS

/s/ MERCED "MARCIE" M. TOMOKANE Chairwoman **NMHC Board of Directors**





IRP, FEMA interagency group to hold Public Assistance Training

The CNMI Office of the Governor's Infrastructure and Recovery Program and the FEMA Interagency Recovery Coordination, under the FEMA Joint Recovery Office, will be holding their third training under their Joint Training Initiative to increase local capacity This training will cover Public Assistance in coordination with the Governor's Authorized Representative and both the local and FEMA Public Assistance Offices.

The training sessions will include an introduction to public assistance, as well as overviews of Category A (Debris Removal), Category B (Emergency Protective Measures), and Category Z (Management Cost), procurement procedures, Environmental and Historic Preservation and mitigation, alternate and improved projects, and utilizing the Grants Portal. Targeted audiences for the training are Public Assistance Sub-Recipients and Applicants for Public Assistance (government and non-government organizations).

The Public Assistance Training, which will take place at the Pacific Islands Club, will be conducted on the following dates and registration is required.

- April 27-28, 2022
- May 2-3, 2022
- May 4-5, 2022

GUAM & COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS

Two FEMA trainers will arrive on Saipan to facilitate the training: Tom Matalino Jr. and Nanette Alo. They will be joined virtually by Procurement Disaster Assistance Team program specialists Chris Simone and John Griego.

Public Assistance Office staff, public assistance subrecipients, and applicants for public assistance are encouraged to attend this training. Certificates of attendance will be provided upon completion of this training. Contact info@pa.gov.mp to register.

For any questions, call the Infrastructure and Recovery Program at (670) 664-4775/6/7 or irp@irp.gov.mp, or email info@pa.gov.mp. (Office of the Governor)



THAAD DEPLOYMENT TO ROTA

University of Guam ROTC cadets Amber Pangelinan, left, a sophomore criminal justice major, and Enriquo Nedlic, right, a senior public administration major, shadowed the deployment of a Terminal High-Altitude Area Defense remote launcher to Rota last March 3. Also shown is 2017 UOG ROTC graduate 1st Lt. Maria Rosario Marinas, who accompanied the cadets on the mission as part of the

IN THE SUPERIOR COURT

OF THE COMMONWEALTH OF THE

NORTHERN MARIANA ISLANDS

Anthony Kevin M. Agulto Saipan, MP 96950

Phone: 789-4559/256-0365

In the Matter:

Appointment of

Guardian for:

Anthony Kevin

Courtroom 217A.

M. Agulto:

of the '

Thelma Shelly : ORDER

Ada Incompetent : SHORTENING

GOOD CAUSE APPEARING, it is hereby ordered that the time for notice of

hearing for Petitioner's petition be

shortened and that the hearing be

set on May 9, 2022 at 9:00 a.m. in

Dated this 20th day of April, 2022.

Judge Teresa Kim-Tenorio

 $\textbf{Petition for} \quad \text{FCD-GU}$

CIVIL ACTION

Person : TIME AND NOTICE

By: OF HEARING

NO. 22-0120 FCD

Guam Army National Guard Security Force contingent. They joined 15 active-duty Army Air Defense Artillery personnel for the Army's part of the mission, "Operation Talon Lightning," on a C-17 Globemaster III aircraft.

COMMUNITY BRIEFS

Road closure for **Quartermaster Road**

and Beach Road The CNMI Department of Public Safety would like to inform the public of a temporary road closure between Ouartermaster Road and Beach Road to allow construction crews to safely in-

stall a traffic light system. Temporary road closures are scheduled to take place beginning last Friday, April 22, through Tuesday, June 7, 2022.

Motorists traveling on Beach Road during the scheduled time of construction are advised to be mindful of delays, exercise caution, and safely follow the instructions of the flag personnel present.

5.2-magnitude quake in Yap

At 4:22am on April 24, 2022, a report of a 5.2-magnitude earthquake occurred 8.090°N 147.546°E in the state of Yap, Federated States of Micronesia. Currently, there are no tsunami warnings or advisories that were issued by the Pacific Tsunami Warning Center. (PR)

WEBEX MEETING APRIL 26, 2022

U.S. Department of Veteran Affairs Honolulu Regional Office - Public Contact Team

Will host a Virtual Benefits Workshop for Veterans, Family Members, Surviving Spouses, and Community Providers

TUESDAY, APRIL 26, 2022

From

4PM-6PM (GUAM & CNMI LOCAL TIME)

To participate please join us in Cisco Webex by clicking or copying and pasting the below links into your browser:

**DOWNLOAD SLIDES at: https://www.benefits.va.gov/honolulu/

https://veteransaffairs.webex.com/veteransaffairs/j.php?MTID=me68c6ce794ebaa51bdfda1d6d447766f

You can join via Computer, Phone Audio (1-404-397-1596, 27678928900##), or Webex Mobile App. Meeting Password: qUpa8bfM\$65

Benefits Workshop Topics: Compensation, Service Connection, Pension, Homeless, COD, MST, Women Veterans, Education & Training, Veteran Readiness & Employment, Home Loan Guaranty, DIC, Survivors' Pension, & Burial and Plot Internment Allowance











High court: Congress can exclude Puerto Ricans from SSI

By ROBERT BARNES

THE WASHINGTON POST

The Supreme Court ruled Thursday that Congress may continue excluding residents of Puerto Rico from a federal program that aids lowincome elderly, disabled and blind people.

The decision was 8 to 1, the lone dissenter being Justice Sonia Sotomayor, whose parents were born on the island.

President Biden's administration, like the Trump administration before it, defended Congress's right to exclude residents of Puerto Rico from the Supplemental Security Income (SSI) program without violating the Constitution's promise of equal protection. But Biden also has called for the law to be changed.

The exclusion means about 300,000 people on the island who would qualify for the benefit if they lived elsewhere cannot receive it.

"The limited question before this Court is whether, under the Constitution, Congress must extend Supplemental Security Income to residents of Puerto Rico to the same extent as to residents of the States." Justice Brett M. Kavanaugh wrote for the majority. "The answer is no."

Congress has devised a unique mix of burdens and benefits for residents of Puerto

Rico, Kavanaugh noted, including a lesser tax obligation.

"Puerto Rico's tax statusin particular, the fact that residents of Puerto Rico are typically exempt from most federal income, gift, estate, and excise taxes-supplies a rational basis for likewise distinguishing residents of Puerto Rico from residents of the States for purposes of the Supplemental Security Income benefits program," he wrote.

He added that Congress is free to extend the SSI benefits to Puerto Ricans if it chooses, noting that the White House supports such legislation.

How Ketanji Brown Jackson will recast the Supreme Court

The case involved Jose Luis Vaello Madero, who received SSI payments in 1985 in New York. The payments continued to his bank account even when he moved to Puerto Rico in 2012. But the money stopped when the government learned of his new address. Moreover, the government attempted to recover more than \$28,000 Madero received.

SSI benefits are available to U.S. citizens living in any of the 50 states, District of Columbia and the Northern Mariana Islands. Along with Puerto Ricans, those in the U.S. Virgin Islands and Guam are excluded.

Sotomayor said a program

that is designed to help the poorest citizens should not depend on location.

"In my view, there is no rational basis for Congress to treat needy citizens living anywhere in the United States so differently from others," she wrote.

She rejected the government's tax burden argument, which the majority accepted. "While it is true that residents of Puerto Rico typically are exempt from paying some federal taxes, that distinction does not create a rational basis to distinguish between them and other SSI recipients," she wrote. Because the program

aids the poor, elderly and disabled, "SSI recipients pay few if any taxes at all."

Sotomayor said that those in Puerto Rico who met the standards for help should receive it. "SSI is a means-tested program of last resort for the poorest Americans," she wrote. "Residents of Puerto Rico who would be eligible for SSI are like SSI recipients in every material respect: They are needy U. S. citizens living in the United States.

In a notable opinion concurring with the majority, Justice Neil M. Gorsuch said it was time for the court to revisit what are called the Insular Cases, century-old rulings that gave the federal government license to rule Puerto Rico and other territories, in Gorsuch's words "largely without regard to the Constitution."

"The Insular Cases have no foundation in the Constitution and rest instead on racial stereotypes," Gorsuch wrote. "They deserve no place in our law."

One such decision, Gorsuch noted, said it would not be advisable to apply the Constitution to islands "inhabited by alien races, differing from us in religion, customs, laws, methods of taxation, and modes of thought."

Gorsuch brought up the issue in oral arguments in the Puerto Rico case, and the government's lawyer said the administration was not relying on the cases to make its case about the SSI payments. Later, a group of civil rights organizations called upon the administration to explicitly disavow them.

"Because no party asks us to overrule the Insular Cases to resolve today's dispute, I join the Court's opinion," Gorsuch wrote. "But the time has come to recognize that the Insular Cases rest on a rotten foundation. And I hope the day comes soon when the Court squarely overrules them."

The case is U.S. v. Vaello Madero.

Ruling dismays Guam senators HAGÅTÑA, Guam— 'A massive blow

Guam Sen. Telena Cruz Nelson has expressed disappointment with the Supreme Court ruling last Thursday that U.S. citizens with disabilities who live in Guam and other U.S. territories cannot avail of the Supplemental Security Income benefits even though they may qualify.

"Approximately 25,000 citizens living on Guam could have been eligible to receive SSI payments for much needed healthcare and support. The decision to not grant these benefits to our people further separates Guam citizens from the United States mainland," said Guam Sen. Telena Cruz Nelson

The SSI program provides monthly payments to adults and children with a disability and elderly people aged 65 and older without disabilities that meet the financial qualifications.

"We are very disappointed that the Supreme Court came to this decision. We are part of the United States, and it is very disheartening to see that there is no equity for the people residing in Guam and the US territories who need SSI benefits," said Nelson. (Saipan Tribune/**PR**)

for citizens'

A news release described Guam Sen. Telo Taitague as being "extremely distraught' because of the Supreme Court decision. "This Supreme Court ruling has a devastating impact to Guam and the territories. Such ruling imposes grave collateral damage for equal protections provided by the Constitution for Guam citizens," Taitague said. "We are now more entrenched than ever before as a second-class society. ... "The decision deprives citizens in U.S. territories of federal benefits that would otherwise be available to us if we lived in any of the 50 states. With 8 of the 9 justices ruling against providing disabled citizens of Guam and other territories a safety net particularly during this difficult and uncertain time, I am reminded of what those in positions of power in the federal government view to be Guam's role and place in America.,"

Taitague, a former special assistant for External Affairs for the Governor, advocated that a coalition with other territories with non-voting delegates provides a louder voice and representation in Washington. (Saipan Tribune/**PR**)



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Opinion



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As at-home rapid tests replace PCRs, we need better guidance

By FAYE FLAM

Bloomberg Opinion

Faye Flam is a Bloomberg Opinion columnist and host of the podcast Follow the Science. She has written for the Economist, The New York Times, the Washington Post, Psychology Today, Science and other publications.



apid antigen tests have been among the tools many public health experts and politicians have to ease into "living with COVID." But many people are still skeptical about the tests' reliability.

The bigger problem may be with the advice people are getting on how to use them. It's never been clear to the public precisely when to test or how to act on the results if you've been exposed or feel sick, or whether a negative test can shorten an isolation period for someone who's been infected. And what counts as an exposure—what if you were with a friend who got a cold but never got tested?

The guidance that comes in the test kits is so confusing that a study published in JAMA showed that it was worse than no enclosed advice at all. The rapid test instructions were fine as far as collecting the sample and reading the results. But the guidance failed at helping people know how to act on their results. Should they quarantine? Test again? Wear a mask—and for how long? Improving that guidance should be a priority with yet another COVID wave looming in parts of the U.S. and at-home testing increasingly replacing PCR testing.

The study's lead author, Seven Woloshin, a professor of medicine at Dartmouth and founder of the Lisa Schwartz Foundation for Truth in Medicine, admitted he was confused by the guidance included with his test. So he and his colleagues found 360 volunteers and randomly assigned them to three groups. Some read the guidance included with the test kits, another got no guidance, and the third got guidance the researchers developed.

Volunteers were asked what "Jamie," a healthy 45-year-old, should do after testing negative. In one scenario he had no recent exposures and no symptoms, and in others he had either symptoms, a recent exposure, or both. Among those who read the guidance included in the test kits, 36% failed to recognize when Jaime should quarantine. Without guidance at all, that fell to 21%—so the instructions actually made things worse. When the researchers used guidance they created, the failures fell to 4%. Those instructions used a color-coded decision tree to help people sort themselves into four groups depending on whether they had symptoms,

See PCRs on Next Page



The Covenant, the Territorial Clause and the Insular Cases

By JOSE DELA CRUZ SPECIAL TO THE SAIPAN TRIBUNE

ursuant to the Insular Cases that were decided by the U.S. Supreme Court about a century ago, the U.S. Constitution does not apply "of its own force" to the "unincorporated" territories of the United States. Constitutional rights that are deemed "fundamental" in the 50 states are not necessarily fundamental in the unincorporated territories, such as Guam and the Virgin Islands. Further, pursuant to the Territorial Clause of the U.S. Constitution, the U.S. Congress has "plenary powers" over all U.S. territories, but not the CNMI.

Unlike the territories of the United States and the Commonwealth of Puerto Rico, the Northern Mariana Islands joined the United States voluntarily pursuant to the negotiated terms of the Northern Marianas Covenant agreement. Under the terms of the Covenant, for example, the United States agreed that the Northern Marianas shall have the right to restrict the acquisition of land ownership to persons of Northern Marianas descent, to restrict the right to a jury trial, and to deviate from the "one person, one vote" rule with respect to the composition of the CNMI Senate.

The U.S. government, as a party to the Covenant agreement, was able to agree to the three exceptions just mentioned because of the Insular Cases rulings that were decided in 1901 and the years immediately following. Those cases ruled that the U.S. Constitution does not apply "of its own force" to a territory belonging to the United States, unless a territory is "destined for statehood." Those three exceptions—as to the Northern Mariana Islands—were agreed to by the CNMI and the United States pursuant to the terms of the Covenant agreement. The Covenant agreement left it to the courts to decide the validity of the three constitutional exceptions. And the federal courts, after 1978, have ruled that those three exceptions do not violate the U.S. Constitution based on the Insular Cases ruling.

Notwithstanding the constitutional validity of those three exceptions, the U.S. Constitution expressly provides that U.S. territories are subject to the plenary powers of Congress. In other words, Congress has full and complete power over the territories. In contrast to the U.S. "territories," however, the Northern Mariana Islands joined the United States voluntarily as a self-governing "commonwealth," but not as a territory subject to the plenary power of Congress under Territorial Clause of the U.S. Constitution. Under the Covenant agreement with the CNMI, the United States agreed not to exercise its plenary powers under the

Territorial Clause with respect to the Northern Mariana Islands. The "commonwealth" status of the CNMI is, therefore, quite different from the U.S. territories in this very important respect. The CNMI is not subject to the plenary power of Congress.

Indeed, the CNMI is subject only to the terms and provisions of the Covenant, which in turn is the political instrument that sets forth which specific provisions of the U.S. Constitution apply to the CNMI. Indeed, the basic reason for enumerating "the constitutional provisions applicable to the CNMI" is because, under the Insular Cases ruling, the U.S. Constitution does not apply "of its own force" to the U.S. territories and the NMI commonwealth, since they are all "not destined for statehood." Although the CNMI is not subject to the plenary powers that Congress has over the territories under the Territorial Clause of the U.S. Constitution, the NMI Covenant wanted to make clear that certain specific provisions of the Constitution would apply to the CNMI under its commonwealth political relationship with the United States. Thus, the enumeration of the specific constitutional provisions applicable to the CNMI.

The Northern Mariana Islands is referred to as a "commonwealth" of the United States, subject to and governed by the terms of the Covenant, not by the Insular Cases or subject to the Territorial Clause of the U.S. Constitution. It is true that, since the commencement of Northern Marianas self-government in 1978, the CNMI has many times been labelled a "territory," like Guam and the Virgin Islands. But even in the generic sense, the word "territory" is wrong because the CNMI is not a U.S. territory; it is a U.S. commonwealth. Indeed, it is the terms of the NMI Covenant agreement that governs our political relationship with the United States.

So, to recap, the fundamental difference between the CNMI and the U.S. territories, such as Guam and the Virgin Islands, is the fact that the CNMI is not subject to the Territorial Clause of the U.S. Constitution. It is not a "property" belonging to the United States. It is instead a political entity that is a member of the American political family under the terms of the Covenant. This particular point is extremely significant for both the United States and the CNMI because the U.S. Congress, by joint resolution approving the NMI Covenant, agreed not to exercise its plenary powers over the CNMI with respect to CNMI self-government. This is not the case with the other territories, such as Guam and the Virgin Islands. The U.S. Congress continues to have plenary powers over the U.S. territories, pursuant to the Territorial Clause of the U.S. Constitution.

See COVENANT on Next Page

EDITORIAL POLICY

Letters to the editor must include the NAME, VILLAGE ADDRESS, and CONTACT NUMBER of the contributor. Letters that do not have these information

will immediately be trashed. Contributions consisting of 500 words or less have more chances of getting published. The *Saipan Tribune* reserves the right to publish a contribution or not; the right to edit submissions for length, accuracy, and clarity; and the right to publish and distribute contributions in print, electronic, or other media formats. Submissions may be sent via snail mail to the 2nd Floor, JP Center, Beach Road, Garapan, Saipan, 96950; fax (670) 235-3740; e-mail to editor@saipantribune.com; or through our website at www.saipantribune.com.

How our general region is affected by Ukraine: Continued

hile Ukraine may be halfway around the world, its effect has spread into our East Asiatic and Pacific region. One example that readily comes to mind is the evolving situation taking place between Russia and Japan.

Russia and Japan are at odds over the Kuril Islands. The Kurils are islands located in the 'Northern Territories' region of Japan, which were seized by the Soviet Union after the end of World War II. To this day, Russia and Japan have not formally reconciled the longstanding disagreement regarding who controls the Kurils because of unresolved issues impacting the four southernmost islands found between the Pacific Ocean and the Sea of Okhotsk.

Sanctions, sanctions, sanctions

Japan recently installed economic sanctions against Russia in response to Vladimir Putin's attack on Ukraine. Sanctions include banning high technology exports and the revocation of the "Most Favored Nation" status for commerce and trade. These developments came on the heels of bilateral progress made between Japan and Russia on possible trade agreements over wind,

PCRs

From Page 8

recent exposure, neither, or both.

The study was done in 2021, on an earlier batch of rapid tests, and the CDC's recommendations have changed since then. But currently used test kits—including the free ones provided by the Biden administration—still include only a long, confusing section of fine print on interpreting results: "...additional confirmatory testing with a molecular test for negative results may be necessary after second negative result for asymptomatic persons, if there is a high likelihood of SARS-CoV-2 infection, such as in an individual with as close contact with COVID-19 or with suspected exposure to COVID-19 or to communities with high prevalence of infection..."

That's why it's important to test public health guidance, said Baruch Fischoff, a Carnegie Mellon University expert on risk communication and a co-author of the study. "You will discover that there are things you thought were clear, that they thought were unclear ... or that others interpret completely differently than the way you did," he said. "There are things that they needed to know, that you thought went without saying."

Advocates for home testing have long argued they should be used to routinely screen people who are regularly exposed to lots of others—in nursing homes, schools or other settings. The tests aren't accurate enough to catch every single case, but widespread testing would catch most cases and help keep overall case numbers lower. Tests could also be used to make a small gathering safer by capturing at least some of the potentially infectious guests beforehand. But the tests are not the "get-out-of-jail free" card people understandably want and they don't replace the need for other layers of protection—like vaccination and ventilation. Even so, they're a tool we could be using more effectively to fight COVID.

Woloshin and his late partner Lisa Schwartz had been longtime champions of a more consumer-friendly culture in healthcare. They've advocated, for example, that if the FDA is going to allow misleading, manipulative pharmaceutical advertisements, it should at least require clear, risk-benefit information on a "Fact Box" similar to the nutrition boxes manufacturers are required to include on packaged food.

Rapid COVID testing may never be foolproof, but people can act more responsibly in the face of complexity if they're given clear instructions and messages. "Throughout my whole career people will say, 'What are you doing? It's a waste of time ... Patients are too stupid to understand stuff," Woloshen said. "And I think that's just horrible because people are smart."

It's been a recurring impulse throughout the pandemic to blame people for being dumb or selfish when guidance has in fact been senseless or poorly communicated. If we're going to "live with COVID," we need to stop expecting people to follow public health guidelines that are so complicated even doctors have trouble understanding them.

oil and gas produced energy, fishing, and tourism.

Russia imposed restrictions on visa-free travel against Japanese who are interested in going to the southern Kuril islands. Russia also cut off bilateral economic cooperative talks that have taken place with Japan over the last several years.

The Russian influence

Russia has and continues to conduct military exercises in the Pacific Ocean north of Tokyo. Russia views Japan's Northern Territories as one opportunity to ensure that it maintains an ongoing military presence near the main Japanese isles. Russia has placed missile defense system assets on the Kurils, as Japan made the concurrent decision not to construct and place a shore-based Aegis ballistic missile defense system in-country.

It remains to be seen just how the Russo-Japanese relationship will evolve. Russia sees the Near East region in a more strategic context because of its vast and extensive borderline and substantial natural resource base. Japan may view its relationship with Russia as less strategic and more transactional. Japan is a world economic power that depends on multilateral cooperation to secure natural resources for energy and other domestic population needs.

Australia is now in the mix, this time in support of Japan

Japan and Australia are entering a new era. Both nations have signed a security cooperation document that is part of a broader bilateral relationship that covers trade, commerce, and access to raw materials. This development may be construed by the Chinese government as a restraint to some degree on China's ability to unilaterally protect and defend its near seas region, due in part to territorial disputes between Japan and China.

China and Australia have a significant economic trade relationship because China is Australia's largest trading partner, not the United States. Recent developments in the Chinese Australian bilateral trade relationship have pointed to worsening relations as China placed several sanctions on Australia. Australia continues to engage China while simultaneously sending signals to the United States and Britain that it wants to maintain closer military-to-military ties with the West. China views this as provocative because its government interprets Australian military relationships with both the U.S. and England as anti-Chinese.

Continue to watch China through the lens of how the Ukrainian situation unfolds

China has many reasons for keeping a close eye on how Russia's invasion of Ukraine continues to unfold. Russia views Ukraine as part of its strategic national identity. China views Taiwan as part of its strategic national identity. How things finally end up with the Russians in Ukraine will affect how China views its ability to influence public opinion worldwide when it comes to Taiwan.

When or if China decides to invade Taiwan, millions of Taiwanese will have nowhere to go should a hot war ever erupt. The consequences of such an action would have a catastrophic effect on the overall security of worldwide sea and air-based trade in

RICK'S COLUMN By RICK PEREZ

Special to the Saipan Tribune

Rick Perez used to serve in the U.S. military and has work experiences in public policy research and public affairs. He is passionate about national security and geopolitics

and runs a newsletter called Guam Affairs at guamaffairs. substack.com. For questions or comments, contact Perez at rickp7839@gmail.com.

our broad region.

Yet the ability of China to shape and interact throughout its immediate region has deeper repercussions for the United States over the long term when compared to the repercussions associated with Ukraine, notwithstanding select short term financial and commodities market swings.

The United States must continually assess how it uses all instruments of American national power in its dealings with China because hundreds of billions of dollars of private American investment money are placed in China, and China owns over \$1 trillion of U.S. government issued debt.

It is important to also consider that Russia and China continue to increasingly use the Chinese yuan to conduct economic and business transactions, which over time, may signal a trend of the primacy of the American dollar being eventually replaced by the yuan or by other means of exchange such as crypto currency-based transactions as the world's most important means of exchange.

What does all this mean for our Chamorro people and the Marianas?

War, foreign affairs, geo-politics, and geo-economics are related. Our Chamorro people have the incentive to learn about linkages tied to food, energy, security, and peace because our island chain is from one viewpoint, an invaluable, military-centric American colonial dependency.

Our people have the incentive to critique what is taking place throughout our region and how key American allies are negotiating with each other to further increase commerce and military operations in our immediate backyard. Our people have the incentive to pay attention to recent developments taking place among Japan, Australia, Russia, Ukraine, and the U.S.

Foreign affairs affect the long-term health, quality of life, and overall security of our Mariana Islands and broader region.

Let's remember that the West is not backing the United States as strongly as we may think when it comes to Ukraine. The American public has started to get media coverage fatigue on Ukraine developments, and as was the case with the U.S. involvement in Iraq and Afghanistan, the general population of our nation will find something else to grab our collective attention over time.

COVENANT

From Page 8

In closing, the Territorial Clause of the U.S. Constitution reads: The Congress shall have the power to dispose of and to make such needful Rules and Regulations respecting the Territory or other Property belonging to the United States; ...

This is the Territorial Clause of the U.S. Constitution that expressly gave Congress its plenary powers over the territories. The power is broad and general; and allows Congress to dispose of a territory or a property belonging to the United States. It also has the power make all needful rules and regulations respecting the territories and properties of the United States. It is this provision that the Covenant agreement replaced as to the Northern Mariana Islands. The Northern Mariana Islands cannot be disposed of by the U.S. Congress. Neither could the Congress enact

rules and regulations that interfere with the internal affairs of the CNMI government.

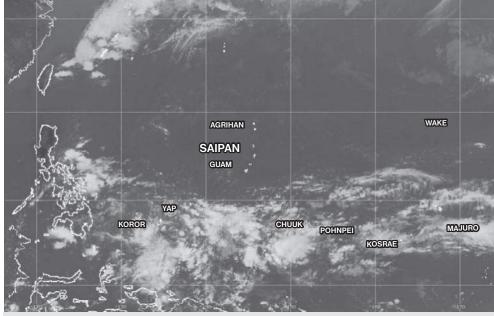
It would be great to see all the U.S. territories of the United States given the same treatment politically and legally as the CNMI, but the U.S. Supreme Court ruling in *U.S. Vaello-Madero* that was just rendered a week ago unfortunately decided that the Insular Cases is apparently still alive and well. If you are a U.S. citizen and you are residing in one of the territories, including Puerto Rico, the benefits provided under the federal Supplemental Security Income are not available to you. In contrast, SSI benefits are available for residents of the CNMI because it was negotiated by the CNMI and the U.S. under the Covenant agreement. Is this fair to the citizens of the U.S. territories? Of course not. But only Congress can rectify this unfairness.

 ${\it Jose Dela Crus is a former chief justice of the CNMI Supreme Court.}$

10 MONDAY, APRIL 25, 2022 SAIPAN TRIBUNE

The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN TODAY WEDNESDAY WEDNESDAY THURSDAY FRIDAY Mostly sunny, with Isolated showers. East wind 13 to 17 mph, with gusts as high as 21 mph. Mostly sunny, with gusts as high as 23 mph. Mostly sunny, with Isolated showers. Salva Andrew Andre



PICTURE TIME: 8:02 AM, SUNDAY, APRIL 24, 2022

Western North Pacific between equator and 25N from 130E to 180.

Moderate trades, partly cloudy skies, and isolated showers prevail across the region. On radar, several more trade showers, with greater vertical extent, can be seen lingering around Guam waters this morning. Buoys feet.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: www.prh.noaa.gov/guam/

STOP THE SPREAD

he Governor's COVID-19 Task Force and Commonwealth
Healthcare Corp. continue to encourage residents within the Marianas to practice social distancing, which means
avoiding close contact with people in order to avoid catching
the virus yourself and to avoid passing it on to others.

- Stay home as much as possible. Avoid unnecessary travel or public places.
- Avoid social gatherings in groups of more than 10.
- Choose drive-thru, take-out, or delivery options, or outdoor seating, if available, when dining in.
- Send only one healthy adult from the household run necessary errands, such as getting groceries or picking up medications. Leave children, elderly, and other vulnerable people at home as much as possible. When returning home from an errand, wash your hands before doing anything else.
- Older adults and people with chronic medical conditions are at higher risk of getting very sick from this illness. People at high risk should stay at home as much as possible.
- Create a household plan of action, https://www.cdc.gov/coronavirus/2019-ncov/prepare/checklisthousehold-ready.html
- Ensure a 30-day supply of all medicines.

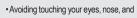
Continue good hand hygiene

- Wash your hands for at least 20 seconds with soap and water, avoid touching your face, cover coughs and sneezes with a tissue or your sleeve.
- Use an alcohol-based hand sanitizer if soap and water are not readily available.

Know the signs and symptoms of COVID-19 and what to do if you become symptomatic

- Stay home when you are sick and if you recently traveled to a place with COVID-19. Self-quarantine means:
- Choosing a room in your house that can be used to separate sick household members from others.
 - Washing your hands often with soap and water for at least 20 sec-

onds. If soap and water are not available, use an alcohol-based hand sanitizer.



mouth with unwashed hands.

Limiting visitors

CHCC appreciates the patience and understanding of the community at this time. To obtain general information about the CNMI COVID-19 response, contact the Governor's COVID-19 Task Force Hotline at 287-0046, 287-0489, 287-1089. These numbers are available Monday to Sunday, 7:30am - 4:30pm.

For medical information about COVID-19, reach out to the COVID-19 Infoline at the following numbers: 285-1672/1352. These numbers are available Monday to Friday, 7:30am - 4:30pm.

For mental health support and helpful tips during a crisis, call the Mental Health Support Line at 285-1856, 323-6560, 323-6561 These numbers are available Monday to Friday, 7:30am - 4:30 pm. For the 24/7 Disaster Distress Helpline, call SAMSHA at 1-800-985-5000

For more information about DIY face coverings, visit https://www.cdc. gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html

For more information about CHCC programs, follow CHCC on Face-book, Instagram, Twitter at @cnmichcc, check out our website at www. chcc.gov.mp or call us at (670) 234-8950.

For more information on the Governor's COVID-19 Task Force, visit www.governor.gov.mpand, follow @Governor.CNMI on Facebook, Instagram, and Twitter.

This health advisory may be found online at http://www.chcc.gov.mp/pressrelease.html and at www.governor.gov.mp/covid-19.

Rumor control

During crises like this, oftentimes the spread of misinformation is just as dangerous as the virus itself. The CNMI is reminded to only share official and verified notices, press releases, and advisories from the Governor's COVID-19 Task Force and CHCC.

Source: Office of the Governor

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MICRONESIA						
Scattered Thunderstorms	30 / 26 °F					
Thunderstorms	28 / 25 °F					
Thunderstorms	29 / 26 °F					
Thunderstorms	29 / 26 °F					
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DAY	SUNRISE	SUNSET
Today	05:57 AM	18:33 PM
Tuesday	05:56 AM	18:33 PM
Wednesday	05:56 AM	18:33 PM
Thursday	05:55 AM	18:33 PM
Friday	05:54 AM	18:34 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	02:04	13:45 PM	-
Tuesday	02:49	14:41PM	-
Wednesday	03:30	15:34 PM	-
Thursday	04:08	16:25 PM	-
Fridayww	04:45	17:15 PM	-

AROUND TH	E GLOBE	▲ ▼°F
Auckland	AM Showers	19 /12 °F
Beijing	Mostly Sunny	30 / 17°F
Hong Kong	Partly Cloudy	28 / 25 °F
Honolulu	Mostly Sunny	28 / 22 °F
London	PM Showers	15 / 4 °F
Los Angeles	Mostly Sunny	30 / 14 °F
Manila	Isolated Thunderstorms	35 / 27 °F
Melbourne	Partly Cloudy	21 / 10 °F
Miami	Mostly Sunny	27 / 23 °F
New York	Mostly Cloudy	15 / 11 °F
Osaka	Partly Cloudy	26 / 18 °F
Paris	AM Clouds/PM Sun	18 / 7 °F
Busan	Mostly Cloudy	21 / 17 °F
Rome	AM Showers	19 / 10 °F
Salem	Mostly Sunny	29 / 17 °F
San Francisco	AM Clouds/PM Sun	18 / 10 °F
Seoul	Cloudy	27/ 16 °F
Tokyo	Mostly Sunny	26 / 17 °F
Washington, DC	Partly Cloudy	24 / 14 °F

TIDES: SAIPAN HARBOR TODAY FEET								
04:26 AM	High Tide	1.90						
10:16 AM	Low Tide	1.19						
2:40 PM	High Tide	1.60						
9:55 PM	Low Tide	0.12						

FLIGHT SCHEDULE AS OF MARCH 28, 2022

	DEP	ARTUR	ES
SAIPAN	-GUAM ((GUM)	
UA117	6:40AM	7:20AM	1, 3, 5
UA117	9:50AM	10:35AM	2, 4, 6, 7
GUAM-I	MANILA	(MNL)	
PR 111 UA193 UA183	6:35AM 7:05PM 7:10PM	8:35AM 10:55PM 9:10PM	1, 3, 5, 6, 7 5 via Palau Daily
SAIPAN	-MANIL	A (MNL)	
UA117/183 UA117/193 UA117/183	6:40AM	9:10PM 10:55PM 9:10PM	1, 3, 5 via Guam 5 via Guam, Palau 2, 4, 6, 7 via Guam
SAIPAN	I-INCHE	ON (ICN)	
RS112 TW9308 7C3405 7C3405 0Z624	3:15PM 3:30PM 3:30PM 3:50PM 4:00PM	7:00PM 7:20PM 7:25PM 7:45PM 7:40PM	3, 6 4, 7 6 3 3, 6
SAIPAN	-BUSAN	(PUS)	
7C3451	2:00PM	5:20PM	3, 7
LEGEND: D	avs: Monda	av (1). Tuesd	lav (2). Wednesdav (3

	А	RRIVALS	
GUAM (GUM)-SA	IPAN	
UA116 UA116 UA174	5:00AM 8:00AM 8:00AM	5:45AM 8:45AM 8:45AM	1, 3, 5 6, 7 2, 4
MANILA	(MNL)-	GUAM	
R110 UA184 UA192 UA184		4:35AM+1 4:20AM+1 6:05AM+1 5:40AM+1	2, 4, 5, 6, 7 1, 2, 3, 4, 6, 7 5 via Palau 5
MANILA	(MNL)-9	SAIPAN	
UA184/116 UA184/174 UA184/116 UA184/174 UA184/116	10:55nm	6:16am+1 8:46am+1 6:16am+1 8:46am+1 8:46am+1	5 via Guam 2 via Guam 1, 3 via Guam 4, 7 via Guam 6 via Guam
INCHEO	N (ICN)-	SAIPAN	
RS111 7C3406 7C3406 TW9307 OZ623	8:15AM 8:30AM 8:50AM 9:00AM 9:00AM	1:35PM 2:10PM 2:30PM 2:30PM 2:30PM	3, 6 6 3 4, 7 3, 6
BUSAN	(PUS)-S	AIPAN	
7C3452	8:00AM	1:00PM	3, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; TC, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. (The Saipan Tribune is not responsible for any changes in the schedule.)

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF MAY 18, 2021

SAIPAN T	O ROTA			1204	10:00	10:15	Daily
FLIGHT # 1301	DEPARTURE 8:30AM	ARRIVAL 9:00AM	FREQUENCY Daily	1205 1206	11:00 12:00	11:15 12:15	Daily Temporarily Unavailable
1302 1303	11:00AM 1:30PM	11:30AM 2:00PM	Daily Tues/Wed/ Thurs/Fri	1207	13:00	13:15	Temporarily Unavailable
1304	3:30PM	4:00PM	Daily	1208 1209	14:00 15:00	14:15 15:15	Daily Daily
ROTA TO	SAIPAN			1210	16:00	16:15	Daily
FLIGHT # 3101 3102	DEPARTURE 9:30AM 12:00AM	ARRIVAL 10:00AM 12:30AM	FREQUENCY Daily Daily	1211 1212	17:00 17:00	17:15 17:15	Daily Temporarily Unavailable
3103	1:30PM	3:00PM	Tues/Wed/ Thurs/Fri	TINIAN TO	SAIPAN		
3104	4:30PM	5:00PM	Daily	FLIGHT # 2101	DEPARTURE 7:30	ARRIVAL 7:45	FREQUENCY Temporarily
ROTA TO							Unavailable
FLIGHT # 3401	DEPARTURE 12:15	ARRIVAL 12:45	FREQUENCY Temporarily Unavailable	2102 2103 2104	8:30 9:30 10:30	8:45 9:45 10:45	Daily Daily Daily
GUAM TO	ROTA			2105 2106	11:30 12:30	11:45 12:45	Daily
FLIGHT # 4301	DEPARTURE 13:00	ARRIVAL 13:30	FREQUENCY Temporarily Unavailable	2100	13:30	13:45	Temporarily Unavailable Temporarily Unavailable
SAIPAN T	O TINIAN			2108	14:30	14:45	Daily
FLIGHT # 1201	DEPARTURE 7:00	ARRIVAL 7:15	FREQUENCY Temporarily Unavailable	2109 2110 2111	15:30 16:30 17:30	15:45 16:45 17:45	Daily Daily Daily
1202 1203	8:00 9:00	8:15 9:15	Daily Daily	2112	18:30	18:45	Temporarily Unavailable

SAIPAN TRIBUNE MONDAY, APRIL 25, 2022 11

APPLY NOW!



The Pacific Century Fellows Marianas Chapter is a non-profit, leadership development program that runs for nine months uniting emerging leaders from diverse professions and background in an attempt to address problems and concerns facing the Northern Mariana Islands through innovative solutions.

REQUIREMENTS:

- Must be between the ages of 25-45
- Must reside in the CNMI for at least 1 year
- Submit completed application
- Provide two (2) letters of recommendation
- · Must attend opening weekend retreat
- Must meet minimum attendance requirement

"Fellows will be in an environment that will foster open mindness, creativity, and constructive problem solving. Fellows will be better able to lead, not only in their respective industries, but in the communities they serve and the islands in which they live."

IMPORTANT DATES:

- April 18 May 9, 2022: Application Period
- May 14, 2022: Selection Saturday (Mandatory)
- May 28-29, 2022: Opening Weekend Retreat (Mandatory)



USDA RD staff to help select loan borrowers at NMHC

HILO, Hawaii—Staff from USDA Rural Development will be on Saipan from today, April 25, to Wednesday, April 27, to meet with RH 502 borrowers who need assistance with their loan accounts with

the agency to include hardship from the adverse impacts from the COVID-19 pandemic.

In addition to routine servicing tools available for existing borrowers, the American Rescue Plan Act of 2021 appropriated additional funds for Section 502 direct and 504 loans, to remain available until September 30, 2023. The focus will be to refinance existing Section 502 direct and Section 504 borrowers who have received a

payment moratorium related to COVID-19. Beginning May 17, 2021, the Agency will accept applications from existing Section 502 direct and Section 504 loan borrowers, to refinance outstanding loans which

have been in an approved CO-VID-19 moratorium

RD Staff will be on-site at the Northern Marianas Housing Corp. to meet with existing borrowers who need assistance with their account. During this time, RH 502 and 504 loan borrowers may contact Jenny Camacho or Alice Concepcion from the NMHC at (670)234-6866/9447 to schedule an appointment with RD.

Under the Biden-Harris Ad-

ministration. Rural Development provides loans and grants to help expand economic opportunities, create jobs, and improve the quality of life for millions of Americans in rural areas. This assistance supports infrastructure improvements; business development; housing; community facilities such as schools, public safety and health care; and high-speed internet access in rural, tribal and highpoverty areas. For more information, visit www.rd.usda.gov. (PR)

Micronesia culture on exhibit in upcoming 'illustrative talk'

The Northern Marianas Humanities Council will host the work of photojournalist Floyd Takeuchi in an "illustrative talk" titled Tropical Light this Wednesday, April 27, at the American Memorial Park indoor theater, starting at 5:30pm. The "illustrative talk" will be live and free of charge to the public.

Takeuchi was born and raised in the Marshall Islands, a child of U.S. Peace Corp volunteers who were working in Micronesia. He spent a number of years on Saipan when his parents were on assignment here. Takeuchi attended San Roque Elementary School and Hopwood Junior High School for a short time before relocating to and spending most of his life in Hawaii, his current place of residence.

Tropical Light will feature cultural photography from across Micronesia, with special emphasis on the Marshall Islands and the Federated States of Micronesia. Takeuchi will be present on stage to provide background on the images he's chronicled in his collection.

"The exhibit is open to everyone on Saipan interested in the lifestyle of our neighbors all across the Pacific," Takeuchi said in an interview. "There are some great stories here in Micronesia which is an area of great change and at the same time, great tradition and culture."

Doors open at 5:30pm and there is no charge to attend Tropical Light. (PR)



COMMONWEALTH PORTS AUTHORITY

Main Office: Saipan International Airport P.O. Box 501055, Saipan, MP 96950Tel.: (670) 236-6500 • Fax: (670) 234-5962

COMMONWEALTH PORTS AUTHORITY Request for proposals for instructional services required under 14 CFR Part 139

CPA-RFP-003-22

Notice is hereby given that the Commonwealth Ports Authority (CPA) is accepting sealed proposals, subject to the terms and conditions of this Request for Proposals (RFP), and other contract provisions, for subject to the terms and colinations of this Request to Proposals (RFP), and other contract provisions, to proposals from individuals, professional firms, companies and/or corporations to provide instructional training services specific to airports pertaining to the requirements imposed by 14 CFR Part 139, and related federal airport and safety policies applicable to airfield operations contained in the Airport Certification Manual (ACM). The Executive Director hereby determines that the use of an Invitation for Bid is neither practical nor advantageous to the CPA because the CPA wishes to acquire services and products that cannot be evaluate by cost alone (NMIAC § 40-50-225(a).

The successful proposer shall conduct instructional training services at the Aircraft Rescue Firefighting (ARFF) facility, Commonwealth Ports Authority, Francisco C. Ada/Saipan International Airport, Saipan, Commonwealth of the Northern Mariana Islands.

Proposals must be submitted to the CPA Administration Office, 2nd floor of the Arrival Terminal at the Francisco C. Ada/Saipan International Airport, Saipan, Commonwealth of the Northern Mariana Islands no later than 4:30 PM, MONDAY, APRIL 25, 2022. Proposals received after this date and time will not be considered and will be returned unopened. One original and three copies of each proposal shall be submitted in sealed envelopes marked as 'Confidential' and each envelope must include the RFP number on the outside. It is the sole responsibility of a proposer to submit its proposal or proposals in a timely

The Proposal Package is available for pick up at the CPA Administration Office, 2nd Floor of the Arrival Terminal, Francisco C. Ada/Saipan International Airport beginning March 25, 2022. There is no charge for the proposal package.

This RFP is issued pursuant to Chapter 40-50, Procurement Rules and Regulations of Title 40 of the Northern Mariana Islands Administrative Code (NMIAC). Title 40, including Chapter 40-50-225, Request for Proposals, is applicable to the process followed by the RFP.

Questions and inquiries regarding this Request for Proposals shall be submitted in writing and may be delivered to the Office of the Executive Director, Commonwealth Ports Authority, at the Saipan International Airport, faxed to (670) 234-5962 or emailed to cpa.admin@pticom.com.

CPA reserves the right to reject any or all proposals submitted for: (a) any of the reasons set forth in this Request for Proposals; or (b) any of the reasons set forth in the CPA Procurement Rules and Regulations regarding bid rejection or cancellation; or (c) sufficient justification exists that awarding the project contract would not be in the best interest of CPA. CPA further reserves the right to waive any defects in said proposals if in its sole opinion to do so would be in CPA's best interest.

All proposals shall become property of the Commonwealth Ports Authority.

March 2022



Commonwealth of the Northern Mariana Islands
OFFICE OF THE GOVERNOR



PUBLIC NOTICE

From the COMMONWEALTH OF THE NORTHERN MARIANA ISLANDS COASTAL MANAGEMENT PROGRAM of the CNMI'S DIVISION OF COASTAL RESOURCES MANAGEMENT

DATE: April 25, 2022

NOTICE: The Bureau of Environmental and Coastal Quality (BECQ) Division of Coastal Resources Management (DCRM) is currently reviewing an updated federal consistency determination from the United States Air Force (USAF) for the proposed Tinian Divert Infrastructure Improvements project. More information about the proposed activity can be accessed via the following links:

DCRM: https://dcrm.gov.mp/our-programs/permitting/federal-consistency/

USAF: https://pacafdivertmarianaseis.com/documents

Federal consistency is a provision of the Coastal Zone Management Act (CZMA) that requires federal actions that affect the coastal zone to be consistent to the maximum extent practicable with the enforceable policies of a coastal state's federally approved coastal management plan.

Comments on whether the project is consistent with the enforceable policies of the CNMI's coastal management program can be submitted to the Division of Coastal Resources Management at fedcon@dcrm.gov.mp.

This public notice has been published for compliance with 15 CFR § 930.42. DCRM is soliciting public comments for fifteen (15) days, starting on April 25, 2022 and ending on May 07, 2022. We welcome your feedback and thank you for your



INVITATION TO BID CUC-IFB-22-025

SUPPLY OF FUEL FOR LIGHT VEHICLES AND HEAVY EQUIPMENT

The Office of the Executive Director for the Commonwealth Utilities Corporation (CUC), is soliciting competitive sealed proposals from qualified vendors for the supply of fuel for light vehicles and heavy equipment for CUC Saipan, Commonwealth of the Northern Mariana

Prospective Bidders must pre-register with the CUC Procurement & Supply Division. The Bid Package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays, upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 (non-refundable) for one IFB package set.

One (1) original and Five (5) hard copies must be submitted in a sealed envelope marked "CUC-IFB-22-025, Supply of Fuel for Light Vehicles and Heavy Equipment", to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than 2:00 PM (ChST, Saipan Time) on April 28, **2022.** Late submissions of Bids will not be considered.

This Invitation for bids does not commit CUC to the award of a contract or contracts, nor to pay any cost incurred in the preparation and submission of Bid in anticipation of a contract. This request and the ensuing contract shall be executed pursuant to the CUC Procurement Regulations. The contractor shall be required to comply with all CNMI and applicable Federa Laws. All responses to this Invitation for bids should take into account any and all taxes, which will become the obligation of the Proponent, awarded a contract.

All Proponents are advised that CUC assumes no responsibility in any act of omission on the part of the Proponents due to lack of information or understanding of the Bid requirements in the course of Contractor's preparation of a Bid under the contract.

Ouestions or requests for clarification will be entertained only from registered Proponents and must be submitted in writing no later than 10:00 AM (ChST, Saipan Time) on April 20, 2022 to Manny B. Sablan, CUC Purchasing Administrator via email address manny.sablan @cucgov.org and Christie Sablan, CUC P&S, Administrative Technician, Senior at christie.sablan@cucgov.org.

CUC reserves the right to reject any or all bids for any reason and waive any defects in the said bids, if in its sole opinion, to do so would be in the best interest of CUC. All bids submitted shall become the property of CUC.

> GARY CAMACHO Executive Director

MANNY B. SABLAN **Purchasing Administrator**



COMMONWEALTH UTILITIES CORPORATION

OFFICE OF THE EXECUTIVE DIRECTOR

REQUEST FOR ARCHITECTURAL



AND ENGINEERING SERVICES PROPOSAL CUC-RAESP-22-019

A&E Design Services and Construction Management and Project Inspection the for Agag Booster Pump and Electrical System Upgrade (W21-081)

The Office of the Executive Director, Commonwealth Utilities Corporation (CUC) is soliciting competitive sealed proposals from qualified Architectural and Engineering (A&E) firms for the Design Services and Construction Management and Project Inspection of the Agag Booster Pump and Electrical System Upgrade in Papago Drive, Saipan, Commonwealth of the Northern

This project is funded by a grant from the United States of Environmental Protection Agency (USEPA). The award of this project is contingent upon receipt of the approval for project award from USEPA.

Prospective Proposers for this project must pre-register with the CUC Procurement & Supply Division. The RAESP package may be obtained from the CUC Procurement and Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, Saipan, between 7:30 a.m. to 11:30 a.m. and 12:30 p.m. to 4:00 p.m., Monday through Friday, except on government observed holidays upon completion of registration and presentation of a receipt evidencing a non-refundable payment to the CUC Treasury Section, by cash, check or credit card in the amount of \$100.00 for one package set.

One (1) original and Five (5) hard copies of the Proposal and One (1) original and Five (5) hard copies of the Cost Proposal in a separate envelope must be submitted in a sealed envelope marked "CUC-RAESP-22-019, A&E Design Services and Construction Management and Project Inspection for Agag Booster Pump and Electrical System Upgrade", to the CUC Procurement & Supply Office, 3rd Floor, Room No. 3, Joeten Dandan Commercial Building, P.O. Box 501220, Saipan, MP 96950, no later than 10:00 AM (ChST) on May 13, 2022. Late submissions and conditional proposals will not be considered.

Discussions may be conducted with responsible proposers who submit proposal determined to be reasonably susceptible of being selected for award for the purpose of clarification and to ensure full understanding of and responsiveness to solicitation requirements. All proposers shall be accorded fair and equal treatment with respect to any opportunity for discussion. During discussions, there will be no disclosure of any information derived from the proposal submitted by competing proposers.

All proposers are advised that CUC assumes no responsibility in any act of omission on the part of the proposers due to lack of information or understanding of the proposal requirements in the course of Consultant's preparation of a proposal under the contract. The RAESP does not commit CUC to award a contract, to pay any cost incurred in the preparation of the statement of qualifications under this request, or to procure or contract for services. Consultants are required to comply with all CNMI and applicable Federal Laws. This RAESP and the ensuing contract shall be executed as per the CUC Procurement

All questions or requests for clarification will be entertained only from pre-registered prospective proposers and must be submitted in writing no later than 10:00 AM (ChST) on April 22, 2022 to Mr. Manny B. Sablan, CUC Purchasing Administrator, via email - manny.sablan@cucgov.org with a copy to Mr. Larry Manacop, CUC Water/Wastewater, Acting Chief Engineer - via email larry.manacop@cucgov.org; Dennis Formalejo, Water/Wastewater Engineer - via email dennis.formalejo@cucgov.org and Ms. Marcela Tenorio. Administrative Technician Senior - via email marcela tenorio@cucgov.org.

CUC reserves the right to reject any or all proposals and waive any imperfection in the proposal in the best interest of the government. All proposals shall become the property of CUC.

> GARY P. CAMACHO **Executive Director**

MANNY B. SABLAN Purchasing Administrator

MONDAY, APRIL 25, 2022 **13** SAIPAN TRIBUNE

World

Steel plant under siege; Zelenskyy prepares for US officials

KYIV, Ukraine (AP) —Russian forces tried to storm a steel plant sheltering soldiers and civilians in the southern Ukrainian city of Mariupol, and Ukrainian President Volodymyr Zelenskyy announced he would meet Sunday in his nation's capital with U.S. Secretary of State Antony Blinken and U.S. Defense Secretary Lloyd Austin.

Zelenskyy in a news conference gave few details about the logistics of his upcoming encounter with Blinken and Austin but said he expected results —"not just presents or some kind of cakes, we are expecting specific things and specific weapons."

It would be the first highlevel U.S. trip to Kyiv since before the war began on Feb. 24. While visiting Poland in March, Blinken stepped briefly onto Ukrainian soil to meet with the country's foreign minister. Zelenskyy's last face-to-face meeting with a U.S. leader was Feb. 19 in Munich with Vice President Kamala Harris.

Russia's effort in Mariupol is aimed at crushing the last pocket of resistance in the city, a place of deep symbolic and strategic value to Moscow. Completing its capture would give Russia its biggest victory yet, after a nearly two-month siege reduced much of the city to a smoking ruin.



In attacks on the eve of Orthodox Easter, Russian forces also pounded cities and towns in southern and eastern Ukraine.

A 3-month-old baby girl was among eight people killed when Russia fired cruise missiles at the Black Sea port city of Odesa, officials said. Zelenskyy said 18 more were wounded. The Ukrainian news agency UNIAN said the baby's mother, Valeria Glodan, and grandmother also were killed, citing social media posts from the baby's father and others.

"The war started when this baby was 1 month old. Can you imagine what is happening?" Zelenskyy said. "They are just bastards. ... I don't have any other words for it, just bastards."

The Ukrainian military said Saturday it destroyed a Russian command post in Kherson, a southern city that fell to Russian forces early in the war.

and critically wounding another, the Ukrainian military intelligence agency said in a statement. The Russian military did not comment on the claim, which could not be confirmed.

Valentyna Sherba, 68, stands next to a Russian tank in the

backyard of her father's home,

both destroyed, in the aftermath

of a battle between Russian and

Ukrainian troops on the outskirts

of Chernihiv, northern Ukraine,

Saturday, April 23, 2022.

The fate of the Ukrainians in the sprawling and besieged seaside steel mill in Mariupol, where Russia says its forces have taken the rest of the city, wasn't immediately clear.

A Ukrainian military unit on Saturday released a video reportedly taken two days earlier in which women and children holed up underground, some for as long as two months, said they longed to see the sun.

"We want to see peaceful skies, we want to breathe in fresh air," one woman in the video said. "You have simply no idea what it means for us to simply eat, drink some sweetened tea. For us, it is already happiness."

NHK public television said

people were found in the area

near the tip of the peninsula

north of where the boat sent a

distress call on Saturday. The

location is known as a diffi-

cult place to maneuver boats

because of its rocky coastline.

one of the rescued people ar-

riving on a helicopter and

being transferred to an am-

Footage on NHK showed

The coast guard said all nine

they were unconscious.

WORLD BRIEFS

Israel lifts indoor mask mandate as coronavirus cases drop

JERUSALEM (AP)-Israel has lifted an indoor mask mandate in place for nearly a year as the country's new cases of coronavirus continue to drop. The end of the masking requirement took effect Saturday night. Masks remain mandatory in hospitals, elderly care facilities and on international flights. Israel has seen new cases of COVID-19 drop since the peak of the latest wave of infections in January. Serious cases of coronavirus have plummeted from a high of over 1,200 during the omicron variant outbreak to around 200. Since the start of the pandemic two years ago, Israel has recorded over 4 million cases of coronavirus and at least 10,658 deaths—over one-fifth of them since January, according to the Health Ministry. Over 72% of the country's 9.4 million people have at least one dose of the Pfizer/BioNTech vaccine, and nearly half have received three shots.

13-year-old Minnesota youth set to graduate from college

MINNEAPOLIS (AP)—A 13-year-old boy from Minnesota will soon earn his bachelor's degree from college-with a major in physics and a minor in math. Elliott Tanner is maintaining a 3.78 grade point average at the University of Minnesota and is participating in undergraduate research while also tutoring classmates. He wants to be high-energy theoretical physicist and ultimately a professor of

physics at the university. "I have an incredible passion for physics," he said. "It's been one of my favorite things to do." Elliott's mom, Michelle Tanner, said he started reading and doing math by age 3. Following a few years of homeschooling and a high school curriculum that took him two years to complete, he began taking college classes when he was 9. "People who hear Elliott's story say he doesn't get to be a kid, or he grew up too fast," Michelle said. "He still very much is a kid and the only difference is he goes to school in a different building."

Migrant boat capsizes off Lebanon; 45 saved, at least 1 dead

BEIRUT (AP)—A boat carrying about 60 migrants capsized Saturday night off the Lebanese coast, and 45 people were rescued, while a young girl was confirmed dead and the rest were missing, officials said. Transportation Minister Ali Hamieh told The Associated Press that 17 people had been brought to shore along with the body of the young girl. He said 28 others were rescued later by Lebanon's navy. "Search operations are ongoing for the rest," Hamieh, who is supervising the rescue operations, said by telephone. He said authorities had no exact numbers of the migrants because they left the country illegally. But the Lebanese Red Cross said the boat was carrying about 60 migrants. The Red Cross said it had sent ambulances to the port of the northern city of Tripoli in case there were injuries.

The command post was hit

on Friday, killing two generals

Rescue operation for missing tour boat in Japan intensifies The ministry will also invescould not confirm whether they were rescued alive.

TOKYO (AP)—The Japanese Coast Guard said Sunday that rescue helicopters found nine of the 26 people from a tour boat missing in the frigid waters of northern Japan since the day before, but their conditions are unknown.

The Transport Ministry, meanwhile, launched an investigation into the boat's operator over its safety standards and its decision to conduct the tour despite rough weather on Saturday.

"We will thoroughly investigate what caused this situation and what kind of safety oversight was involved to allow the tour in order to prevent another accident," Transport Minister Tetsuo Saito, who visited the area Sunday, told reporters.

ABUJA, Nigeria (AP)— More than 50 people were killed and many injured when an explosion rocked an illegal

The death toll may be more than 100, according to a report in the Lagos-based Punch newspaper. The fire was reported to have spread to near-

by properties. The fire broke out Friday

said Saturday.

night and quickly spread to two fuel storage areas at the illegal crude oil refinery, causing the complex to be "engulfed by fire which spread rapidly" within the area, said Declan

tigate if or how Saturday's accident was related to two previous accidents involving the same boat last year, Saito said. The operator had been instructed to take steps to improve its safety following the incidents.

The coast guard confirmed that the same boat went aground in the area last June, though nobody was injured in that accident. In May, the boat collided with an object at sea, causing minor injuries to three passengers.

Rescuers intensified their search earlier Sunday and found four people near the tip of Shiretoko Peninsula and five more people in the same area a few hours later, but the coast guard said it bulance on a stretcher, while rescuers held up blue plastic shields for privacy. An orange-colored, square-

shaped lifesaving float with the boat's name on it was also seen on the rocky coast.

Explosion at illegal oil refinery in Nigeria kills over 50 Emelumba, the Imo State com-

missioner for information. The immediate cause of the explosion and the extent of the deaths, injuries and damage oil refinery in southeastern Nigeria, state officials and police were being investigated, Emelumba said.

> Multiple videos posted on social media showed a gruesome scene, with people's charred remains reduced to skeletons and cinders. The Associated Press was unable to independently verify them.

> "A lot of people died. The people who died are all illegal operators," said Michael Abattam, spokesman of the Imo State Police Command.

The Imo state government

was looking for the owner of the refinery where the explosion occurred and declared him a wanted individual, an official said.

Illegal refineries are common in Nigeria, where shady business operators often avoid regulations and taxes by setting up refineries in remote areas, out of sight of authorities.

Nigeria is Africa's largest producer of crude oil but it has very few official refineries and as a result most gasoline and other fuels are imported, creating an opening for the illegal refinery operators.

The practice is so widespread that is affecting crude oil production in the oil-rich Niger Delta region.

14 MONDAY, APRIL 25, 2022 SAIPAN TRIBUNE

Health & Wellness

This advertorial is sponsored by



HEALTH WEALTH

Tan Siu Lin Foundation

Want to go to a wedding, but still worried about the pandemic? An expert explains how to do it

By MEREDITH COHN THE BALTIMORE SUN

After a court ruling struck down a federal mask mandate, many airlines and state transit systems made the face coverings an optional defense against COVID-19.

It's one more decision people will have to make on their own as they increasingly return to in-person work, commute by bus or train, or travel on planes to spring events such as weddings and family reunions.

"When it comes to events, especially those that are somewhat voluntary that we have to make decisions on such as weddings, anniversary parties, bar mitzvahs, what should we do?" said Dr. Manoj Jain, an infectious disease expert at Emory University's Rollins School of Public Health in Atlanta, during a Johns Hopkins University-led webinar Tuesday.

"It's a challenge," said Jain, who helped plan and host his daughter's 400-person wedding during the January omicron-fueled surge.

Deciding to go, or host, an event can be tricky when it's impossible to know when the next big surge occurs, he said. When cases began mounting in December and Jain's daughter refused to postpone,

he turned to planning and communication to ensure the gathering wouldn't become a "superspreader" event.

That meant requiring all guests to be fully vaccinated, and asking two who refused to stay home. The guests agreed to test before travel and again before daily events. Jain held Zoom calls with guests to ensure they understood.

He spent months collecting rapid tests and even tapped his own lab for more accurate PCR testing of some people. While that is not available to the average person, testing turnaround times are not as long outside of a major surge. And rapid tests are far more widely available in stores, city and county libraries, and by ordering free kits on a federal website, covid.gov/tests.

Jain and webinar moderator Gigi Gronvall, a senior scholar in the Johns Hopkins Center for Health Security, said the self-administered rapid tests still work well with the omicron variants.

Jain found 10 positives among the guests but was able to repeatedly retest them to ensure that by the time some events occurred days later,

most were no longer infectious and could attend

Jain called the efforts "layering," with vaccinations, testing and masking of as many people as possible, including people working at the events such as hairstylists and food servers. Good ventilation systems or outdoor events are even better.

Children under age 5 who are not yet eligible for vaccination can likely safely go so long as they and others around them are tested, he said. Mask those age 2 and older, per guidance from the U.S. Centers for Disease Control and Prevention.

Even now that the January surge has subsided and cases remain low, though ticking up again, caution still is needed.

That includes continuing to wear a mask on planes, trains and buses, enclosed spaces with little opportunity for distancing, Jain said.

Lifting the mandate ordered by the CDC but struck down Monday by a federal judge appointed by then-President Donald Trump was "a terrible idea," he said.

"We don't know enough about the spread of the BA.2 variant," which is now the dominant coronavirus variant

Nonetheless, the Maryland Department of Transportation joined other transit systems and airlines that dropped their mandates, leaving people to decide their own risk based on their age and health, and that of their family. MDOT said masks would be optional at BWI Marshall Airport, as well as on all buses, trains and mobility vehicles.

Most other mask mandates already had been abandoned, except for some college campuses and health care facilities that had kept or reinstated masking after cases again began to rise in recent weeks.

The Maryland Department of Health recommends people wear masks indoors if they are not fully vaccinated and outdoors when they can't keep a distance from others. Though, officials note that schools, day cares, camps and businesses can set their own

The health department "is evaluating the recent actions at the federal level and will provide updates to Marylanders as appropriate," said Ebony Wilder, a spokeswoman.

Cases had been dropping to some of their lowest levels of the pandemic until last month when they started slowly rising again. The state's data shows 667 more cases were reported Tuesday, well below the thousands reported daily during the pandemic peak in January. Hospitalizations and deaths have not ticked up but tend to lag cases by weeks.

Close to 4.2% of people tested in Maryland for CO-VID-19 were positive, according to Tuesday's report, below the double-digit peaks but edging closer to the 5% threshold that public health officials say signals that CO-VID-19 is widespread.

less accurate these days as more people eschew a nasal swab or test at home and do not report results.

Another indicator of the spread of COVID-19, wastewater tested by the CDC, shows an increasing amount of virus. In Maryland, a plant in Howard County not far from Baltimore showed a sharp upturn in the load beginning in early March. Another plant, in Washington County in Western Maryland, shows a less sharp increase.

Many jurisdictions are following the CDC's lead when advising the public about masking and other measures. The agency recently developed a county-level map tracking risk from the virus that weighs the level of severe illness from COVID-19, measured by the burden on the health care system rather than just cases.



MAYO CLINIC Q&A

By HEATHER CARLSON KEHREN MAYO CLINIC NEWS NETWORK

Living Salty foods

Healthy

These fast foods commonly have 500 mg or more of sodium (salt) - way too much if you hope to stay below 2,000 mg a day, the recommended intake.

- Fried chicken breast
- Large slice of pepperoni pizza
- 1 cup of chips with dip
- Cheeseburger with condiments
- Medium serving of Chinese or Mexican food

Source: American Medical Association, U.S. Agriculture Department, TNS Photo Service

DEAR MAYO CLINIC: My wife is African American, and we just learned that she is going to need a kidney transplant. I heard that most of the people on the waitlist are people of color, and I'm wondering whether people from diverse racial or ethnic backgrounds end up having to wait longer for a transplant?

ANSWER: It is true that most people on the waitlist for a lifesaving organ are people of color. Of the more than 106,000 on the waitlist in the U.S., roughly 60% are minorities. More than 30,000 Black patients are waiting for a transplant, followed by more than 22,000 Hispanic and Latino patients.

I often am asked why people of color make up such a large share of people on the waitlist. One of the reasons has to do with the conditions that prompted the need for a transplant in the first place. For instance, there are higher rates of heart disease, high blood pressure and diabetes in

these communities. Those chronic diseases can eventually lead to organ

African Americans are nearly four times more likely to have kidney failure compared to white people, according to the National Kidney Foundation. Latinos, Asian Americans and Native Americans also have an increased risk of kidney failure.

Wait time for a transplant can vary depending on the area of the country and the organ needed. And while it is true that people of color may end up having to wait longer for a transplant, it is important to understand that the number of people in need of a transplant far exceeds the number of willing donors. That is true for people of all backgrounds.

Every day, an estimated 17 people in the U.S. die while awaiting an organ transplant.

Organs are not matched based on race and ethnicity. However, people will generally have a better chance of matching with someone from a similar racial or ethnic background. The

reason is that compatible blood types and tissue markers used for making a match are more likely to be found among members of the same ethnic group, according to LifeSource, an organization that assists in the organ donation process. That is why it is so important to have a diverse pool of donors.

But only about 30% of organ donors come from communities of color. Increasing the diversity of organ donors will improve access to transplants for people of color.

Signing up to be an organ donor is a simple way to ensure people who need a lifesaving transplant can get one. To sign up to be a donor, go to the Donate Life America website.

As someone needing a kidney transplant, your wife may have another option that would not likely require as long a wait time: receiving a kidney from a living donor.

Living-kidney donation is the most common type of living-donor transplant. Donors give one of their two healthy kidneys to the recipient. People only need one kidney to live

People also can donate a portion of their liver to someone in need. The donor's liver regenerates within a matter of weeks. People can consider donating a kidney or liver to a relative, friend, acquaintance or a stranger.

All potential donors undergo a medical evaluation to make sure that they are suitable for donation. Living donors must be 18 or older and be in good physical and mental health.

Sometimes, a potential kidney donor who wants to give to a family member or friend isn't the best match for that recipient. In those situations, paired donation is considered. Donors and recipients are matched with other donors and recipients, creating a so-called "kidney chain." Ultimately, we need more people from all backgrounds to sign up to be donors. — Dr. Ty Diwan, Mayo Clinic William J. von Liebig Center for Transplantation and Clinical Regeneration, Mayo Clinic, Rochester, Minnesota

SAIPAN TRIBUNE MONDAY APRIL 25, 2022 **15**

Life & Style

Disney government dissolution bill signed by DeSantis

TALLAHASSEE, (AP)-Florida Gov. Ron De-Santis signed a bill on Friday to dissolve the private government Walt Disney World controls on its property in the state, punishing the entertainment giant for opposing a new law that critics call "Don't Say Gay."

The move is expected to have huge tax implications for Disney and further sour the relationship between the Republican-led government and a major political player whose theme parks have transformed Orlando into one of the world's most popular tourist destinations.

For DeSantis, the attack on Disney is the latest front in a culture war waged over policies involving race, gender and the coronavirus, battles he has harnessed to make himself one of the most popular Republicans in the country and a likely 2024 presidential candidate.

The law would eliminate the Reedy Creek Improvement District, as the 55-yearold Disney government is known, as well as a handful of other similar districts by June 2023. The measure does allow for the districts to be reestablished, leaving an avenue to renegotiate the future of the deal that allows the company to provide services such as zoning, fire protection, utili-



RIO'S CARNIVAL RETURNS!

Dancers from the Unidos da Vila Maria samba school perform on a float during a carnival parade in Sao Paulo, Brazil, Saturday, April 23, 2022. Rio de Janeiro's top samba schools began putting on their delayed Carnival parades late Friday, the first after a two-year hiatus caused by the COVID-19-pandemic.

ties and infrastructure.

DeSantis said Friday that the company would end up paying more taxes than it currently does and that the law isn't expected to cause tax increases for residents around Disney. He gave no additional details.

The dispute began with Disney's criticism of a new law barring instruction on sexual orientation and gender identity in kindergarten through third grade as well as instruction that is not "age appropriate or

developmentally appropriate." DeSantis and his fellow Republicans have defended the law as reasonable, saying that parents, not teachers, should be discussing such topics with children.

Under mounting pressure, Disney eventually said it would suspend political donations in the state and that it would support organizations working to oppose the new law.

"You're a corporation based in Burbank, California, and you're gonna marshal your economic might to attack the parents of my state," DeSantis said Friday before signing the bill into law at a ceremony in Hialeah Gardens. "We view that as a provocation, and we're going to fight back against that."

The governor has hammered Disney for coming out against the bill, portraying the company as a purveyor of "woke" ideology that injects inappropriate subjects into

children's entertainment. In a fundraising pitch sent out this week, DeSantis told supporters, "It took a look under the hood to see what Disney has become to truly understand their inappropriate influence."

Republican Rep. Randy Fine, sponsor of the bill to eliminate the Disney district, has said Disney is a guest in the state and that Floridians are not interested in the company's California values.

"You kick the hornet's nest, things come up," Fine told lawmakers in the GOP-controlled statehouse this week.

Man uses wife's infidelity to forge an online persona

DEAR ABBY

By Abigail Van Buren

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.



EAR ABBY: I ended my 24-year marriage after learning my wife, in addition to several one-night stands, had an affair with a married couple for nine years. She also gave me an STI. I was faithful, though I admit to being difficult to live with.

We were unable to agree on parenting, finances, health, fitness, diet, religion, politics and more. I worked hard, but I was a present and active father, attending all games, concerts and activities, as well as coaching and teaching my children in music and the arts.

In the pursuit of helping other men deal with the grief of infidelity, divorce and mental health, I began sharing my experience on a social media platform. My oldest child has now chosen to "write me off" and refuses to speak to me. I'm hurt, but I respect her decision. I will not silence my story, as it is a tool of empowerment for other men. Is there a way to build a relationship with this adult child?

DISAPPOINTED DAD IN THE MIDWEST

DEAR DAD: Your daughter may be embarrassed or angry because you are publicly labeling her mother as an adulteress. Once she is willing to concede that there are often two sides to every story, she may mend fences, but it won't happen until she is ready, and you cannot force it.

DEAR ABBY: I have noticed so many obituaries omit where the person worked. A lot of people worked at the same places for many years. Coworkers and acquaintances I'm sure would like to pay respects to those who have passed. Too often, by the time they find out, the person has been laid to rest.

My late wife was a nurse for almost 40 years and came in contact with many people. The outpouring of love from family, friends and acquaintances from her social and work lives was overwhelming and heartfelt. They say if we have memories of our loved ones touching others' lives, they live on in our hearts forever.

People, please don't let their memories fade. Let families know to include the work history of their loved one in the obituary, particularly if they had jobs dealing with the public.

REMEMBERING WELL IN OHIO

DEAR REMEMBERING: Because the obituaries one reads in the newspaper are costly, it's possible the writers try to keep them brief in order to save money. I am, however, printing your helpful reminder for those who may need it.

DEAR ABBY: I was wondering, even though we call our priests "Father," can I also call him "Dad"? Why or why not?

ONDERING IN THE WEST

DEAR PONDERING: I posed your question to Father Guy Gurath, a longtime friend in the Milwaukee archdiocese. He chuckled and told me this is a standing joke among Catholics, who have been known to refer to the rectory as the "Home for Unwed Fathers." (!) He went on to say the formal answer to your question is no. Calling a priest "Dad" is likely to offend some people. He suggests the correct terms "Father," "Reverend" or "Pastor" be used. Thank you, Father Guv.

Kris Jenner says Blac Chyna tried to murder her son in 2016 lebrity status.

LOS ANGELES (AP)— Kris Jenner became emotional while recalling a volatile 2016 argument she heard about between her son Rob Kardashian and his then-girlfriend Blac Chyna that traumatized him.

Jenner testified for the second day from the witness stand in a Los Angeles courtroom on Friday that she believed Chyna attempted to murder her son. At the time, she said she was told that Chyna pointed a gun at Kardashian's head, tried to strangle him with a phone cord and hit him with a metal pole while intoxicated.

"It was complete chaos. It was scary," said Jenner, the 66-year-old "Keeping Up

with the Kardashians" matriarch. She's the first of four defendants — a group that also includes her daughters Kim Kardashian, Khloe Kardashian and Kylie Jenner — to testify in Blac Chyna's \$100 million lawsuit alleging the women conspired to have her reality show "Rob & Chyna" canceled and damage her ce-

Earlier this week, much of Chyna's testimony dealt with the fight, and the celebration of the show's renewal the

night before. Chyna testified that she was joking with her fiance when she wrapped a phone cord around his neck and grabbed his unloaded gun off a nightstand.

Video shows Mike Tyson punching airline passenger

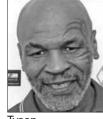
SAN FRANCISCO (AP)— Authorities on Thursday were investigating an incident in which former heavyweight champ Mike Tyson was recorded on video punching a fellow first-class passenger aboard a plane at San Francisco International Airport.

The video shows Tyson leaning over the back of his seat repeatedly striking the unidentified man in the head, drawing blood. The footage

was first shared by TMZ, which said it was recorded on a Jet Blue plane bound for Florida.

"Unfortunately, Mr. Tyson had an incident on a flight with an aggressive passenger who began harassing him

and threw a water bottle at him while he was in his seat," representatives for Tyson said in



an email to The Associated Press.

Prior to the physical altercation, the man is seen on the video standing over Tyson's seat, waving his arms and talking animatedly while the former boxer sits quietly.

San Francisco police responded Wednesday around 10 p.m. to a "physical altercation" on a plane at the airport's domestic terminal, officials said.

"Officers arrived and detained two subjects that were believed to be involved in the incident. One subject was treated at the scene for non-life-threatening injuries. That subject provided minimal details of the incident and refused to cooperate further with the police investigation," police said in a statement Thursday.

CNN's streaming service shutting down a month after launch

NEW YORK (AP)—CNN is shutting down its CNN+ streaming service less than a month after its launch, a spectacular flameout for a venture that had attracted stars like Chris Wallace and Alison Roman and was seen as a way to attract a new generation of news consumers.

It had started March 29, shortly before CNN was taken over by new corporate parents. The new leaders of Warner Bros. Discovery quickly let it be known they considered CNN+ an ill-conceived idea.

subscription-based The service will be shut down at the end of April. Executives

said some CNN+ programming and employees will be absorbed into the television network and website but there will be layoffs. The head of CNN+, Andrew Morse, is leaving the company.

In a memo to employees on Thursday, incoming CNN Chief Executive Chris Licht

said consumers wanted "simplicity and an all-in service" rather than stand-alone offerings. Discovery had previously suggested that it wanted to merge the new company's separate streaming services, which include Discovery+ and HBO Max, into a single app.

Pastimes

Calvin and Hobbes

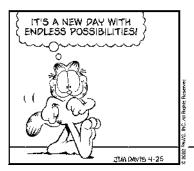


Garfield®

By Jim Davis











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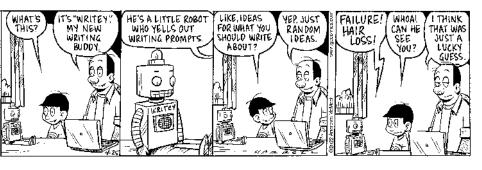
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CROSSWORD By Eugene Sheffer AC

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or answers to today's crossword, call 1-900-226-5955! 99c per minute, touch STUMPED? tone/rotary phones. (18+ only.) A King

Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Jason Lee, 52; Renee Zellweger, 53; Hank Azaria, 58; Al Pacino, 82

Happy Birthday: Show compassion and understanding for others and offer hands-on help What you do will make a difference, and it will change how you see things moving forward. Participation will open doors to new opportunities. You can turn this year into one that offers hope and happiness by making positive choices and changes. Put your energy into what counts. Your numbers are 7, 18, 21, 28, 34, 41, 47,

ARIES (March 21-April 19): Tidy up loose ends, and move on swiftly. Don't give anyone a chance to disrupt your plans. Maintain focus, and keep your goals simple and effective. Don't put your money or your health at risk. Patience will pave the way to success. OOOO

TAURUS (April 20-May 20): Share your story, accommodate others and open a gateway to extraordinary opportunities. Participation will encourage you to explore options that haven't been available in the past. Step into the future with optimism and courage. Concentrate on looking and feeling your best. ����

GEMINI (May 21-June 20): Do it yourself if you want something done. Counting on others will lead to disappointment and anger. Do your own thing, and take care of your responsibilities. Avoid competitions with people who don't play fair. Practice moderation and honesty. ••

CANCER (June 21-July 22): Display what you have to offer. Diversity and spontaneity will attract attention and the

support you need to carry out your plans. An investment or joint venture looks promising. Greater opportunity is heading your way, and personal gain is favored. **20000**

to follow someone's lead, but consider the ramifications first. A disciplined attitude will help vou stay on track and minimize loss. Hard work will get you where you want to go; gambling will lead to scrambling and stress. VIRGO (Aug. 23-Sept. 22): Keep an

LEO (July 23-Aug. 22): You'll be tempted

open mind, listen and learn. You'll receive information that can change the way you live. Discuss your thoughts and intentions with someone close and you'll come up with an acceptable plan. Personal improvement

and romance are featured. LIBRA (Sept. 23-Oct. 22): Concentrate on what you are trying to achieve. Refuse to let others slow you down or cost you mentally or financially. Pay attention to living expenses and time-sensitive payments. A positive attitude will help you overcome negative influences.

SCORPIO (Oct. 23-Nov. 21): You'll understand and an analysis. understand what others want if you step back and look at the big picture. Think outside the box, and you'll come up with a unique plan that can address a broader number of existing problems. Personal gain is apparent. •••••

SAGITTARIUS (Nov. 22-Dec. 21): You'll face opposition if you are overbearing. If you want to accomplish what you

set out to do, work behind closed doors so you can complete your task. Avoid manipulation.

EUGENIA

THE LAST WORD IN ASTROLOGY

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CAPRICORN (Dec. 22-Jan. 19): Rethink your long-term plan, and adjust your course of action. Bring about a positive change at home that will improve your relationship with loved ones and make your surroundings more convenient. Self-improvement and learning new skills are favored. •••

AQUARIUS (Jan. 20-Feb. 18): Plod along until you get the results you want. Put your heart and soul into something meaningful, and you'll gain perspective regarding what's possible. Don't feel you have to follow in someone's footsteps. Happiness is doing what's right and best for you. OOO

PISCES (Feb. 19-March 20): Don't show emotions when dealing with colleagues or competitors. Know what others expect of you, tay ahead of deadlines. Refuse to let sensitive issues throw you off guard or cost you your reputation. Take an obscure path. ••• Birthday Baby: You are entertaining, receptive and insightful. You are resourceful and proactive. 2: Avoid conflicts; work behind the scenes. 20: You can accomplish, but don't rely on others. 🛇 🗘: Focus and you'll reach your goals. OCCO: Aim high; start new projects. •••• Nothing can stop you; go for gold.

By DAVID

Conceptis Sudoku

By Dave Green

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Difficulty Level *

puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday

to Saturday.

4/2.5

Sudoku is a number-placing

Last Friday's Answer

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©2012 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

WONDERWORD

HOW TO PLAY: All the words listed below appear in the puzzle — herizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the WONDERWORD.

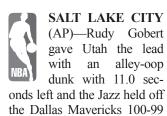
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visit www.WonderWordBooks.com, or call 1-800-642-6480

Last Friday's Answer: Passengers
To purchase WONDERWORD ocoks

Jazz beat Mavericks to tie series, spoil Doncic's return



the first-round series.

Spencer Dinwiddie missed
a 3-pointer at the buzzer
for Dallas

on Saturday in Game 4 to tie

Utah held the Mavericks to 18 points in the fourth quarter after surrendering a double-digit lead in the second half. Dallas made just two baskets through the first seven minutes of the fourth and shot 33% overall in the quarter.

"This is the team we want to be," Gobert said. "This is who we are."

Jordan Clarkson scored 25 points for Utah, Donovan Mitchell added 23 points and seven assists. Rudy Gobert had 17 points and 15 rebounds — 10 off the offensive glass. He was 3 of 8 from the free throw line in the fourth quarter and 9 of 18 overall.

Dallas star Luka Doncic had 30 points, 10 rebounds, and four assists in his return from a three-game absence because of a strained left calf.

"Getting my wind back," Doncic said. "A little bit tired now but it felt great to be back."

Jalen Brunson added 23 points, and Dorian Finney-Smith, Dwight Powell and Reggie Bullock had 11 points apiece.

Game 5 is Monday night in Dallas.

"We were down 12 at the half and we stayed the course, and it comes down to the last possession," Mavericks coach Jason Kidd said. "If you're



Utah Jazz center Rudy Gobert (27) dunks against the Dallas Mavericks in the second half of Game 4 of an NBA basketball first-round playoff series, Saturday, April 23, 2022, in Salt Lake City.

on the road in the playoffs and it comes down to the last play, you can't ask for a better situation."

After going 3 1/2 minutes without a basket, the Jazz took a 95-94 lead on Mitchell's layup with 1:27 remaining. Doncic answered with back-to-back baskets to put Dallas up 99-95.

Mitchell converted a threepoint play to bring Utah within one. Powell missed a pair of free throws with 19.8 seconds left, opening the door for Gobert's winner.

The Jazz doubled Doncic on the final possession, forcing him to kick out to Dinwiddie on the right wing for a 3-point 12-2 run.

shot that fell short.

"We didn't really execute it well," Doncic said.

Utah led by 16 points before halftime. The Jazz built up a 51-35 lead after a big second quarter from Clarkson. He scored baskets on three consecutive possessions to help Utah carve out a double-digit lead.

Dallas erased the deficit in the third quarter behind hot outside shooting. The Mavericks went 8 of 10 from long distance in the quarter and took a 74-71 lead when Finney-Smith and Brunson scored 3-pointers over four straight possessions to fuel a 12-2 run. "I thought the way we responded to that was not like a blitzkrieg type response," Jazz coach Quin Snyder said. "It was a response over time which requires more mental toughness. You can't just make a spurt and all of a sudden get it back. You have to grind it out."

Celtics 109, Nets 103

In New York, Jayson Tatum scored 39 points, Jaylen Brown had 23 and the Boston Celtics took a 3-0 lead over the Brooklyn Nets with a 109-103 victory Saturday night.

Again making things difficult on Kevin Durant and Kyrie Irving with their suf-

focating defense, the Celtics put themselves in position to sweep their way into the second round with a victory Monday night in Brooklyn. Durant took only 11 shots, finishing with 16 points, eight

Durant took only 11 shots, finishing with 16 points, eight rebounds and eight assists. Irving was 6 for 17 and also had 16 points for the Nets, who have to decide if they will give Ben Simmons his debut in an elimination game.

Raptors 110, 76ers 102

In Toronto, Pascal Siakam scored 15 of his 34 points in the fourth quarter, Gary Trent Jr. added 24 points and Toronto beat Philadelphia to a avoid a series sweep.

Game 5 is Monday night in Philadelphia. No team has come back from a 3-0 deficit to win an NBA playoff series.

Philadelphia's Joel Embiid started despite a right thumb injury that required him to wear a brace. Embiid shot 3 for 10 in the first half. He finished 7 for 16 and scored 21 points in 39 minutes. Before the game, 76ers coach Doc Rivers said Embiid is expected to undergo an MRI.

James Harden had 22 points for the 76ers.

Timberwolves 119, Grizzlies 118

In Minneapolis, Karl-Anthony Towns roared back from two rough games with a career playoff-best 33 points and 14 rebounds, helping the Minnesota Timberwolves move past their Game 3 collapse and pull out a 119-118 victory over the Memphis Grizzlies on Saturday night to even the first-round series at 2-2.

Anthony Edwards scored 24 points and backup Jordan McLaughlin went 4 for 4 from 3-point range to pitch in 16 points as the Timberwolves relentlessly attacked the basket and went 31 for 40 from the foul line.

The series shifts back to Memphis for Game 5 on Tuesday night.

Desmond Bane, who hit his eighth 3-pointer at the buzzer to finish with 34 points, and Dillon Brooks with 24 points kept the Grizzlies going on another quiet night for star point guard Ja Morant. Morant went 4 for 13 from the floor, and had 11 points, 15 assists and eight rebounds.

Jaren Jackson Jr. fouled out with seven points, and 25 of the Grizzlies' 33 fouls were called their starters.

Charlotte Hornets fire coach James Borrego after 4 seasons CHARLOTTE, N.C. pressed his optimism about

(AP)—The Charlotte Hornets have fired coach James Borrego after blowout losses in back-to-back seasons in the play-in tournament.

Hornets president of basketball operations and general manager Mitch Kupchak made the announcement on Friday.

"I want to thank JB for his hard work and commitment during these past four seasons," Kupchak said in a release by the team. "Beyond his work as a coach, he is a tremendous person. I wish him and his family the best in the future. These decisions are always difficult."

Kupchak said the team will begin its search for a new head coach immediately.

The 44-year-old Borrego was 138-163 in four seasons with the Hornets and had received a multi-year contract extension last August. Charlotte finished 43-39 this season, but was embarrassed in the play-in game for the second straight year.

The Hornets have not made the playoffs since the 2015-16 season and have not won a playoff series since the 2001-02 season.

Charlotte has improved its win total by 10 in each of the past two seasons under Borrego and the coach ex-

pressed his optimism about the team moving forward after exit interviews.

In previous seasons, Charlotte's 43 wins might have gotten the team into the playoffs as an eight seed or higher, but because the East was so competitive the Hornets finished 10th. The Hornets lost 132-103 at Atlanta in the play-in game, one year after losing to Indiana by 27 points as the 10 seed.

Whoever gets the job can build around a roster that includes All-Star LaMelo Ball and Miles Bridges, as well as Terry Rozier and Gordon Hayward.

"We have a talented, young core of players which has me very excited about the future of the Hornets," Kuphcak said.

Charlotte posted its highest offensive rating in franchise history and finished eighth overall in the NBA, but the defense continued to lag behind. Charlotte ranked 22nd in defense among the league's 30 teams. and the Hornets struggled to defend Trae Young and the Hawks in the play-in game.

Several Hornets players had said prior to the season if the team didn't make the playoffs it would be considered a disappointment.

Raptors' Barnes wins NBA Rookie of the Year, edging Mobley

TORONTO (AP)—Toronto forward Scottie Barnes was voted NBA Rookie of the Year on Saturday, edging Cleveland's Evan Mobley.

"That's a big award, that's one of the biggies," Raptors coach Nick Nurse said.

Barnes got 48 first-place votes and 378 points from a global panel of 100 writers and broadcasters. Mobley received 43 first-place votes and finished with 363 points.

"Of course it was a goal of mine all year to try to win it, but I didn't really try to overthink it or try to do so much," Barnes said. "I just did my role, did what I had to do. Winning helps with it as well."

Barnes helped engineer a turnaround in Toronto, where the Raptors went 48-34 after finishing 27-45 and missing the playoffs last season.

The difference of 15 points was the smallest margin in the rookie category under the

current voting format that began with the 2002-03 season. Players receive five points for a first-place vote, three points for a second-place vote and one point for third.

The award was announced shortly before the Raptors hosted Philadelphia in Game 4 of their first-round series, trailing 3-0.

Coming off the bench, Barnes returned after missing the previous two games with a sprained left ankle. He finished with six points and 11 rebounds in 25 minutes as Toronto won 110-102 to stave off elimination.

"We got a great boost off the bench from Scottie with his rebounding and just his presence," Nurse said

Barnes averaged 15.3 points, 7.5 rebounds and 3.5 assists in 35.4 minutes per game, starting all of the 74 games he played. He led all rookies in minutes and was

third in points and rebounds.

"He's going to continue to get better, continue to grow, but it was a great moment," Raptors guard Gary Trent Jr. said. ""I'm ecstatic for him, and it's a great thing."

The No. 4 draft pick after one season at Florida State joined Vince Carter (1999) and Damon Stoudamire (1995-96) as Toronto players to be voted Rookie of the Year. Barnes was informed he had won by Carter during a video appearance at Friday's practice.

"I was wondering what he was talking to us about," Barnes said. "He was just going on and I was starting to realize."

Nurse said Barnes' award was a welcome change after Toronto lost in overtime Wednesday, falling behind 3-0 to the 76ers.

"It was a good moment to share as a team because, like all of us here, being down 3-0, there wasn't a lot of great moments to think about," Nurse said. "So that was a good boost."

Barnes was the only rookie to rank in the top five in points, rebounds, assists, steals and blocks.

"What you see on the court is exactly who Scottie is: enthusiastic. Joyful. Athletic. Skilled, and a winner," Raptors President Masai Ujiri said in a statement. "We — and our fans — loved seeing his development through this season, and we can't wait to see what the future brings."

Mobley, taken one pick before Barnes, helped spark a similar turnaround in Cleveland. The forward averaged 15 points, 8.3 rebounds and 1.7 blocks as the Cavaliers fell just shy of returning to the postseason for the first time since LeBron James left in 2018.

Detroit's Cade Cunningham, the No. 1 pick in the draft, finished third.

Cabrera gets 3,000th career hit as Tigers split doubleheader

DETROIT
(AP)—Miguel
Cabrera homered for his 1,000th career
hit. He homered for his 2,000th, too.

No. 3,000 didn't travel quite as far, at least not in distance. What this sharply grounded single did was elevate him even more among the greatest hitters in baseball history.

Cabrera needed only one at-bat Saturday to deliver his long-awaited milestone hit, quickly reaching the mark as the Detroit Tigers routed the Colorado Rockies 13-0 in the opener of a day-night doubleheader.

"I think I'm still dreaming," he said. "To be able to see 3,000 up there, pretty special."

Cabrera became the 33rd player in major league history and first Venezuelanborn player to achieve the feat when he singled through the shift to right field. The hit came against fellow Venezuelan Antonio Senzatela and set off rousing cheers and chants at Comerica Park.

"When I saw the second baseman almost behind second base, I was like, 'OK, you've got to shoot the ball that way," he said.

Cabrera added a basesloaded, two-run single in the sixth, then was pulled for a pinch-runner and drew another huge ovation as he trotted off.

He kept moving up the chart with a bloop single for hit No. 3,002 in the first inning of the nightcap.

Now in his 20th big league season, the 39-year-old Cabrera became just the seventh player with 500 home runs and 3,000 hits. He joined an exclusive club with Hank Aaron, Willie Mays, Eddie Murray, Rafael Palmeiro, Albert Pujols and Alex Rodriguez.

Among those luminaries, only Cabrera, Aaron and Mays have a .300 career batting average.

"We just don't know if we're going to see another one in our baseball lifetime or our whole lifetime," Detroit manager A.J. Hinch said. "It's a small juncture of his Hall of Fame career. The next thing will be when he gets inducted a few years from now."

Cabrera was the seventh Latino player reach the 3,000 mark. Pujols was the previous player to reach the mark, doing it in 2018.

Cabrera is the third player to get his 3,000th hit in a Tigers uniform, joining Ty Cobb and Al Kaline.

After getting his 2,999th career hit on Wednesday, he went 0 for 3 on Thursday. The



Detroit Tigers designated hitter Miguel Cabrera reacts on first base after his 3,000th career hit during the first inning of the first baseball game of a doubleheader against the Colorado Rockies, Saturday, April 23, 2022, in Detroit.

Rockies-Tigers game scheduled for Friday night was rained out, putting history on hold for another day.

Yankees 5, Guardians 4

In New York, Yankees fans in the right-field bleachers pelted Cleveland outfielders with bottles, cans and debris in a chaotic scene moments after Isiah Kiner-Falefa and pinchhitter Gleyber Torres got RBI hits with two outs in the ninth inning to lift New York over the Guardians.

Rather than a celebration, Aaron Judge and other Yankees players rushed toward the wall in right-center field, trying to calm the crowd as security personnel joined the effort.

Cleveland closer Emmanuel Clase (0-2) was one strike from preserving a 4-3 lead when Kiner-Falefa hit a 100 mph fastball for a tying double. Rookie left fielder Steven Kwan ran hard into the wall chasing the ball and was shaken up, and a trainer came out to check him.

Before play resumed, Cleveland right fielder Oscar Mercado pointed at the stands and center fielder Myles Straw climbed the chain-link fence in left to confront face-to-face at least one fan, while another fan nearby made a derogatory gesture.

Rays 3, Red Sox 2, 10 innings

In St. Petersburg, Fla., Kevin Kiermaier capped Tampa Bay's three-run 10th inning with a game-ending homer, and the Rays beat the Red Sox after losing their bid for a combined no-hitter in the top half of the final frame.

Matt Wisler (1-0) surrendered Boston's first hit when Bobby Dalbec opened the 10th with a triple, driving in

automatic runner Jackie Bradley Jr. for a 1-0 lead. Christian Vázquez followed with a sacrifice fly to left.

Major League Baseball rules say it doesn't count as a no-hitter until the game ends and a team finishes with no hits.

Hansel Robles (1-1) then came in for Boston and struck out the first two Tampa Bay batters in the bottom half. But automatic runner Randy Arozarena advanced on a balk and scored when Taylor Walls reached on a throwing error by second baseman Trevor Story.

After Walls swiped second, Kiermaier drove Robles' 3-1 pitch deep to right for his first homer of the season.

Giants 5, Nationals 2

In Washington, Alex Wood pitched five effective innings and San Francisco's bullpen closed it out, leading the Giants to a victory over the Nationals.

Wilmer Flores and Joc Pederson each had two hits for San Francisco, which won for the third time in four games.

Wood (2-0) allowed two runs and four hits. The left-hander struck out five and walked one. Aaron Sanchez (0-1) took the loss.

Cubs 21, Pirates 0

In Chicago, Alfonso Rivas had three hits and five RBIs, and the Cubs stopped a four-game slide by pounding the Pirates.

The Cubs finished with 23 hits in their most lopsided shutout win dating to at least 1901.

Kyle Hendricks (1-1) pitched seven innings of two-hit ball.

Zach Thompson (0-2) was tagged for nine runs — four earned — and nine hits in two innings.

Twins 9, White Sox 2

In Minneapolis, Byron Buxton

and Luis Arraez each had four hits, helping Dylan Bundy and the Twins beat the banged-up White Sox.

Bundy (3-0) continued his surprising start to the season. He permitted four hits in five scoreless innings, lowering his ERA to 0.59 this season, the third-best mark in the majors.

Vince Velasquez (0-2) gave up five runs and eight hits in 3 1/3 innings.

Brewers 5, Phillies 3

In Philadelphia, Willy Adames stole home, Hunter Renfroe homered and Adrian Houser tossed six solid innings to lead the Brewers to a win over the Phillies.

Phillies ace Zack Wheeler (0-3) had another unimpressive outing as he works his way back from right shoulder soreness.

Houser (1-2) finally got some run support to pick up his first win of the season.

Rangers 2, Athletics 0

In Oakland, Calif., Brad Miller hit a key single in the eighth inning that drove in two runs after a replay review initiated by the umpires, and the Rangers beat the Athletics.

The winning rally started when Adolis Garcia and Willie Calhoun chased Frankie Montas (2-2) with consecutive oneout singles. After Domingo Acevedo retired pinch-hitter Jonah Heim on a groundout, Miller lined a 1-1 pitch to left.

Four Rangers pitchers combined on a three-hitter. Brock Burke (2-0) got three outs for the win, and Matt Bush pitched the ninth for his first save.

Cardinals 5, Reds O

In Cincinnati, Dakota Hudson pitched 6 2/3 innings of one-hit ball, Paul Goldschmidt drove in two runs with a sixth-

inning double, and the Cardinals beat Cincinnati, the 11th straight loss for the injury-plagued Reds.

Hudson (1-1) entered the game with a 7.71 ERA, but had little trouble with Cincinnati's hitters, limiting them to two hits while striking out four and walking four.

Right-hander Tyler Mahle (1-2) took the loss for Cincinnati, which hasn't held a lead through the end of a full inning since a 6-3 win at Atlanta on April 10.

Blue Jays 3, Astros 2

In Houston, George Springer hit a leadoff homer in the first game against his former team, and Santiago Espinal homered for the second straight game to lift the Blue Jays over the Astros.

The game was tied at 2 with one out in the seventh inning when Espinal, who hit his first homer this season in a win Friday night, connected off Blake Taylor (0-1).

The Blue Jays lead the majors with 20 home runs after clubbing four in the first two games of this series.

Alek Manoah (3-0) allowed seven hits and two runs while fanning five in six innings.

Marlins 9, Braves 7

In Atlanta, pinch-hitter Garrett Cooper's bases-loaded, go-ahead single in the seventh drove in two runs and the Marlins beat the Braves.

Trailing 7-6, the Marlins rallied with three runs against Braves hard-throwing rookie Spencer Strider (0-1), who gave up two hits and two walks without recording an out. The Braves' bullpen gave up six runs.

Cooper's single to right field drove in Brian Anderson, who walked, and Joey Wendle, who singled. The runners advanced on a wild pitch from Strider before Cooper's hit. Jesús Aguilar added a sacrifice fly for a two-run lead.

Steven Okert (2-0) recorded two outs. Tanner Scott, Miami's sixth pitcher, recorded the final three outs for his first save of the season and second of his career.

Diamondbacks 5, Mets 2

In Phoenix, Arizona's offense had a season-high 11 hits, Humberto Castellanos pitched five solid innings and the Diamondbacks cooled off the Mets.

It's been an offensive struggle so far this season for the D-backs, who came into the game with an MLB-worst .180 batting average. But Daulton Varsho led off with a single and the rest of the offense followed suit: Varsho, Pavin Smith, Carson Kelly and Geraldo Perdomo all had two hits.

The NL East-leading Mets lost for just the second time in seven games.

Arizona got a good spot start from Castellanos (1-0), who gave up two runs on four hits and struck out five. Joe Mantiply earned his first career save with a scoreless ninth.

Trevor Williams (0-2) took the loss.

Orioles 5, Angels 4

In Anaheim, Calif., Ryan Mountcastle drove in three runs, including the go-ahead single in the seventh inning, and the Baltimore Orioles overcame two homers by Mike Trout to rally past the Los Angeles Angels 5-4 on Saturday night.

Baltimore has won two straight for the first time this season and will try for its first three-game sweep at Angel Stadium since 2010 on Sunday.

"We've been putting together great at-bats, drawn a lot of walks and getting guys on base. We were able to execute with guys in scoring position tonight," Mountcastle said.

Mariners 13, Royals 7

In Seattle, Ty France had five hits, including a three-run homer, and the Seattle Mariners beat the Kansas City Royals 13-7 on Saturday night.

Royals reliever Jake Brentz (0-3) walked four straight batters to open the eighth inning. His bases-loaded free pass to Julio Rodriguez allowed Donovan Walton to score the go-ahead run. Jesse Winker then drove in two runs with a double to make it 10-7 before France homered to center field.

France, who had five RBIs, became the first Mariners player with five or more hits in a game since Dee-Strange Gordon on May 1, 2018.

Nick Sablan is SGA March Ace of the Month winner

By MARK RABAGO

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Super senior Nick Sablan again turned back the hands of time to win the Saipan Golfers Association March Ace of the Month Tournament after shooting a net 72 last March 27 at the King-

The 69-year-old with a superb 6 handicap shot a gross of 78 built around a front nine of 40 and a back nine of 38 to rule the monthly tournament.

Joe S. Demapan actually tied Sablan with his identical net 72 but lost via scorecard

fisher Golf Links in Talafofo. tiebreak. The 19-handicapper had splits of 45 and 46 to finish with a gross score of 91. Third place went to Alex Tudela who fired a net 73 after completing the course with a raw 82 (41-42).

> By winning the March tourney, Sablan now joins early monthly winners Ed-

ward C. Sablan (January) and Frances M. Sablan (February) in the 2022 SGA Ace of Aces Tournament set for the end of the season.

In the closest to the pin, competition, Sablan was without peer in hole No. 6, Bill Quitano duplicated the feat in hole Mo. 12, while Jung Eun Teack won in hole No. 15.

Sablan was also the winner in the longest

drive in hole No. 9. Teack joined Sablan as double option play winners by bringing out the lumber in hole No. 9.

AYUYUS From Page 20

The Lady Manta Rays finished a mere 4 points behind the Kagman rowers with 61 points built around 32 points from a first place finish in the girls 500m, 26 points after a runner-up finish in the girls 1,000m, and 3 points from another second place finish in the girls long distance race.

The Lady Dolphins came in third with 27 total points. The MHS crew had their best performance in the girls long distance race where they picked up first place with 5 points. They, however, lagged behind in the girls 500m (10 points) and girls 1,000m (12 points).

In the co-ed division, Kagman again outpaced the competition after totaling 70 points. The Ayuyus' mixed

team got 36 points from the 500m race and 34 points from the 1,000 race. SSHS again finished second in the co-ed category with 58 total points (28 points in the 500m and 30 in the 1,000m). Bringing up the rear anew is the MHS mixed team with 16 points (8 points from both the 500m and 1,000m).

Aside from last Saturday's final race, point totals were accumulated from races held last March 26, Aptil 2, and April 9. The April 23 race had double points were awarded.

The Lady Ayuyus include Ha'ani Rodgers, Kysha Kileleman, Ellaine Blas, Mariessa Babauta, Lisa Agulto, Nadja Norita, Maria Castro, Joan Tomokane, Joina Gildilak, Rayanalyn Cabrera, Carmella Ranu, Wallis Bai, and Megan Barnes.

The mixed team essentially includes the girls crew along

with the boys team that is made up of Max Cruz, Aaron Arriola, Joedy Pinaula. Kenneth Kaipat, Jason Agulto, Jacoby Cabrera, Christian Achas, Sebastian Muna, Matthew Anastacio, John Mensa, and Elbert Pinaula.

Kagman head coach Jason Tarkong said there were two keys in his Ayuyus triumphing in two of the three divisions in this season's outrigger canoe competition.

"Hard work and finding the blending. Sometimes you draw a line and you either stand on one side or the other. One side is you get a bunch of fit people who have their fitness level there and teach them how to paddle. Then there's this bunch of people who know how to paddle and try to make them fit," he said.

The 2021 NMSA Athlete of the Year said there was really no secret in Kagman winning the girls and co-ed division this year.

"It's just me trying to blend the two (fitness and talent) together and to make sure their timing is great. In paddling your timing must be perfect. You must be able to blend with the crew and then your fitness [must be good because] you can't run out of gas. It's high intensity because you're paddling anywhere from 2-3 minutes to over 10 minutes for the 1,000m and the long distance is about an hour. You must have some type of fitness program whether it be weight training or running, but there seems to be a lot of cardio or metabolic conditioning and people who tend to do a lot of running do good in the sport and transition easier."

He thanked the Public School System, PSS Athletic Program director Nick Gross, and Marianas National Paddle Sports Federation officers Justine Andrew (president), Timothy Asaivao (vice president), Ann Demapan (secretary), and Jose Quan (treasurer) for making the Outrigger Canoe Race 2021-2022 a success.

"Behind every administration is really the families that support the kids in coming to practices and races. I know it's really difficult but you can tell they really enjoy the sport. It's just an honor to share the knowledge and you can see the passion is there. A lot of us don't get paid for what we do, we just do it because we love it and it's great like most sports on island," said Tarkong.

Results of the boys PSS Interscholastic Outrigger Canoe Race 2021-2022 will be reported in tomorrow's issue of Saipan Tribune.



UMANGS

From Page 20

minutes of the ballgame.

KES 1 fortunately got clutch baskets from Dezmon Camacho and Kyler Laniyo in the final minutes of the contest to escape with the 4-point win, 25-21. The championship team is also made up of Maike Santos, Anlea Masga, Shino Odoshi, Fierra Kaipat, Jmark Hiden, Tim Espiritu, Sage Anderson, and Greg Teregeyo and coached by Francis Mendiola.

"I am very proud and hap-

py to see that the hard work the students put into the practice and games have paid off. The team is overjoyed with the win. The students, parents, staff, and community of Koblerville and San Antonio are proud of this accomplishment," said Mendiola.

He also thanked the Northern Mariana Islands Basketball Federation and PSS Athletic Program for coordinating the event for the students and giving them the opportunity to participate and play basketball.

"I would also like to thank KES' Student Council for

purchasing two adjustable basketball hoops from Joeten Superstore. Special thanks to Joeten Superstore's store manager Jason Sablan for helping us get these essential equipment to help our students get ready for the tournament. Without your help, our students would not have been able to practice and prepare for this event. A big thank you to all our parents who supported their children by being present and allowing them to participate."

Mendiola added that players and coaches deserve the lion's share of praise for winning the co-ed caging diadem again.

'We would like to dedicate our victory first of all to the players who put in the work. Second, to the coaches including Mr. Joe Etpison, Mr. Greg Blas, and myself for guiding our students on how to learn the basic fundamentals of basketball. Our players learned to play basic fundamental basketball which includes practicing their layups, rebound, put-backs, and shooting within 10 feet from the hoop. An important factor was also the fact that we had two separate teams that got to play together during practice to help strengthen their game skills," he said.

Mendiola also said one of the keys of a successful basketball program even in the elementary level is: "consistency with the teaching of the basic fundamentals and continuing to instill trust and teamwork in the game. At the same time, never forgetting to enjoy the game of basketball."

Umangs 1 advanced to the one-game finals after beating Garapan Elementary School 1, 24-14. Umangs 2, meanwhile, punched their ticket to the championship game after drubbing Tinian Elementary School, 18-9.

The IT&E Interscholastic Co-ed Elementary School Basketball League 2021-2022 season is being organized by the Public School System Athletic Program with help from NMIBF.

Championship game

KES 1 25 - Pangilinan 9, Tenorio 6, Camacho 4, Duenas 4, Laniyo 2.

KES 2 21 – John 8, Nego 4, Rebuenog 2, Hosain 2, Defang 2, Rogolifoi 2.

Scoring by halves: 16-8, 25-21.

IIJIMA

From Page 20

to Rota for the test event next weekend. I haven't done a 5K in a while so I was nervous but the road conditions and the weather was perfect."

Coming in second and third to Iijima in the women's division were Denise Myers and Tiana Cabrera who clocked in at 20:59 and 23:37, respectively.

"The race was fun, it was nice to get some faster running in. It was my first race in a long time so I was really pleased to be able to compete and was pleased with my time for the moment, but am hoping to get faster still before the Mini Games. The weather was perfect, it

was a nice overcast and the rain held off for the very beginning portion. The road between the start and [Atkins Kroll] was a little slippery but having the full lane blocked off made it manageable," said Myers.

The health and physical education instructor for the Northern Marianas College said the 5K Literacy Fun Run/Walk was a great way to prepare for the Mini Games.

"Without a track getting good race-like conditions can be challenging, so this was a good chance to push ourselves. Having Manami there was awesome! Having her set the pace gave us something to strive for. I wish I was in a little better pace so that I could have hung with her longer. She is incredibly gracious and we are hoping to get some running in with her before she goes to compete on Rota with the triathlon group," she said.

Cabrera said the 5K Literacy Fun Run/Walk went pretty well and every mile she just pushed herself to run faster.

"The last mile was the hardest, but I am proud that I finished the race. The road conditions were great, nothing bad. The weather was great too, not too hot or cold. Every race I go to it helps me get prepared for the Mini Games and I like these kinds of races because it helps me see where I can improve in my running and pushes me to strive to do my best in every

race," she said.

The Saipan International School student also appreciated that Iijima graciously accepted Run Saipan's invitation to take part in the race.

"Honestly, she inspires me as an athlete and her being there made me want to do better in my future races and train harder."

Veloria, for his part, gave praise to the Lord for winning the 5K Literacy Fun Run/Walk last Saturday.

"I just want to thank God for another win and I hope that I continue my progress from here. The weather conditions weren't perfect at all, but if I just trust in the gear I'm wearing, then I'm pretty sure that I will have a great run no matter the condition

of the weather," he said.

Like the women runners, Veloria said he pretty much is using fun runs to supplement his training for the upcoming Mini Games.

"It's going pretty well since we don't have the track to train on. We kind of moved our training to the CPA Airport Field so we could continue our training. I have to say, it's not easy at all, but I know that it will pay off once I compete in the Mini Games."

SIS student Rex Pixley and veteran barefoot runner Chong Nam Lee came in second and third in the men's division after submitting times of 20:51 and 22:20, respectively.

"The race was good with a

very nicely organized course. Having one lane for the race really helped compared to the pathway. The weather deteriorated later in the race after I finished but it was not hot when I ran. It was also good training for the Mini Games because it allowed me to know where my pace and 5K time is at," said Pixley.

Lee, for his part, said the 5K Literacy Fun Run/Walk was a good challenge for him to keep himself motivated in running.

"It was good weather today for the running event. A good event for the Saipan community. Iijima is also a good athlete and person and I'm glad to see her in this event. She is a super runner!" he said.



Nick Sablan is SGA March Ace of the Month winner

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SAIPAN TRIBUNE

20 MONDAY, APRIL 25, 2022



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agman High School reasserted its might in *va'a* after taking home the championships of both the girls and co-ed divisions of the Public School System Interscholastic Outrigger Canoe Race 2021-2022 last Saturday in the waters off Kilili Beach in Susupe.

The girls team leapfrogged past their counterparts from Saipan Southern High School and Marianas High School in the final races of the season and wound up with 65 total points.

The Lady Ayuyus garnered 30 points from the girls 500m race, 34 points from the girls 1,000m race, and 1 point from girls long distance race.

See AYUYUS on Page 19

Umangs 1 upends Umangs 2 for elementary caging title

MARK RABAGO

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In a battle of sister teams, Koblerville Elementary School 1 showed no love lost to KES 2 when the two met in the finals of the IT&E Interscholastic Co-ed Elementary School Basketball League 2021-2022 last Saturday at the Marianas High School Gymnasium.

The Umangs 1 got off to a jackrabbit start and doubled up Umang 2 16

in the first 10 minutes of action behind the 6 points of

Jairiul Pangilinan. KES 2, however, rallied in the second half with Marcus Nego unloading all his 5 points in the final 10

doubled up Umang 2, 16-8, See UMANGS on Page 19



CONTRIBUTED PHOTO

Koblerville Elementary School 1 players join their coach Francis Mendiola in receiving their trophy and medals after winning the championship of the IT&E Interscholastic Co-ed Elementary School Basketball League 2021-2022 last Saturday in the Marianas High School Gymnasium. Joining them in the photo are Public School System Athletic Program director Nick Gross and Northern Mariana Islands Basketball Federation officials led by president James Lee.

Iijima, Veloria top JKPL 5K Literacy Fun Run/Walk

MARK RABAGO

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Guam's Manami Iijima and Northern Marianas

College student Sildrey Veloria were the top runners in the 5K Literacy Fun Run/Walk organized last Saturday by the Joeten-Kiyu Public Library in cooperation with Run Saipan.

Iijima, who is on Saipan to train for the triathlon competition of the Pacific Mini Games this June, negotiated the race in 19:01, nearly 1:45 faster than Veloria who completed the course from JKPL in Susupe to the Japanese Tank Memorial in Quartermaster Road and back in 20:45.

Run Saipan president Edward Deleon Guerrero was the one who convinced Iijima to take part in the 5K.

"It was a great event and I enjoyed it. I got invited by Ed from Run Saipan and so glad he did! I got to meet some local runners and see some of the triathlete team. They are all so welcoming," said Iijima.

The 29-year-old said she's indeed on island to train for the Mini Games triathlon event and will fly to Rota this weekend.

"I'm currently here training for two weeks. I will go

See IIJIMA on Page 19





